



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication



Celebrating the Harvest by Nora Farley

Lughnasadh (pronounced "loonasa" and spelled any one of a dozen ways) is the

halfway point between the Summer Solstice and the Autumn Equinox, falls on or around August 1st, and marks the beginning of the harvest season. It is the time when the grain ripens, threshing begins, and fresh bread can be baked again for the first time. The name of the festival comes from the Celtic god Lugh ("Loo") and remains in the modern Irish word for the month of August: "Lúnasa." It continued to be celebrated long after the Christianization of the British Isles under the guise of Lammass, the "loaf mass" or festival of first bread baking.

Like all modern Pagan holidays, Lughnasadh is situated in the balance between history, idealism, and the reality of modern practice. Most of us these days are not farmers. We do not participate in the food harvest. We can have fresh bread from the supermarket at any time during the year. Under these conditions, what significance does Lughnasadh have for us?

First, it is an invitation to return to the land. The days are still long, the sun is hot, the

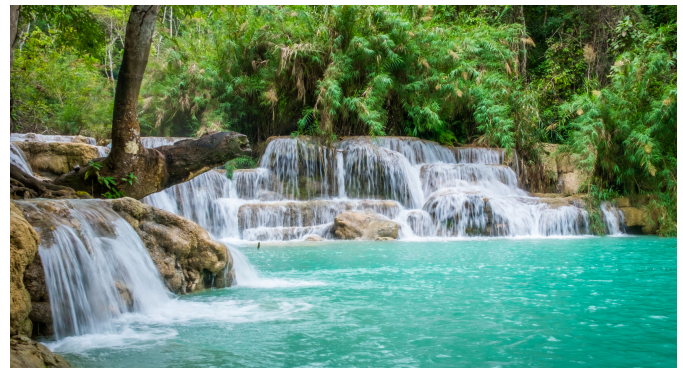
leaves are green, and the summer is at its fullest. Go into the world and rediscover the relevancy of the harvest season for yourself. Notice what is alive and what is dying, what is consuming and what is being consumed.



Lughnasadh is also a day of sacrifice. Many witchcraft traditions mark this day as the time when the grain god sacrifices himself so that others may eat and survive. It is a time to reflect and celebrate the dance of give and take in our natural ecosystems, the lives we take to prolong our own, and the lives we enrich through our living and dying.

Nora has led several solstice and equinox Pagan Chant Sing-Alongs at the Center. Learn more about her at: <https://www.norafarleymusic.com/home>

Gathering of the Waters Ceremony September 14



The Annual Gathering of the Waters Ceremony will be held during the Sunday Celebration Service on September 14 this year. If you're vacationing, collect a small amount of water from a spring, waterfall, or lake. You'll have the chance to share its significance during the ceremony. More details will be provided in upcoming Sunday services and the September issue of the Interfaith Inspirer.

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Ernestly Speaking

by
Janet Somalinog
& Bonnie Dede

Do you find yourself in a turmoil these days? Is there a sense of urgency in your thoughts? Is your body temple undergoing stress? Do you long for the good ol' days? Please, We implore you to step out of these thinking patterns and step up, step back for a few minutes to consider the types of separation that this turmoil, the stress, those feelings of loss and spending time in the past are setting up within you.

Take time every day to reconnect with your Essence as Spirit, God, 'Father Mother God,' Love, The One Mind, Universe... whatever word or non-word that fits your journey. During this reconnection time, step back and up into a visual space that assists in claiming your identity with the Infinite Presence that resides in and through all things. Conjure up the deep, inner wellspring of Knowing that Life is God, that all these human conditions are the setting on a stage of a human production. This 'play' is all unfolding in the totality of something so grand and wide and you are sitting way up high in the 'cheap seats' with a wide-angled view. You are not part of that script down there on that stage during this moment of reprieve. You are not engaging in dialogue with those current characters. You are simply observing.

And then you feel a warmth on your back. It gets your attention, and you turn around to see that a very bright ray of sunshine has bored through the cloudy ceiling and is flowing right onto you. It is a perfect feeling of being in the right place at the right time. The temperature is just right, no excess humidity or dryness. You feel compelled to stay in this space, to understand. There are no other pressing demands or urgencies on your list for today. You feel totally supplied and sourced. Peace and Patience effortlessly wash through your being, so you stay a while longer. What you have just read and hopefully let yourself experience is my today's creative description of the first two steps of Religious Science Treatment Prayer.

These two steps are called:

1. Recognition that God is All There Is!
2. Unification with this Infinite, Benevolent, Loving Presence

We invite you to spend as much time as you can using your thoughts to be in the Consciousness of these two 'steps.' Remember to step back and step up if that helps. We are sure that your distresses and worries become less as you realize that God and You are ONE! And so it is!!





Ministerial Miscellany Finding Peace

by Rev. Annie Kopko


I believe that for every question, there is an answer; within every struggle, there is peace to be found. True peace can be found through acceptance, but sometimes we just struggle until we have to stop and change our own trajectory.

I believe that there is value in each struggle that comes our way. Of course, we may not see this right away. When I live my life thinking about what may come about to challenge me next, I will be living in fairly constant stress. I experienced this by wrecking my Subaru and having to drive an unreliable car for which I had intentionally avoided maintenance. In the end, it definitely was costly, but I got through that one. My car is working well. Every time I get in it, I feel real gratitude.

I wonder why it seems that right after one struggle is over, another pops up. Well, I think it was always there. That happens when I put off "maintenance" of my life. I, and I am here implying you also, put off those daily practices that help us keep our lives running creatively instead of reactively. When we are reacting to "emergencies", we have been missing our daily maintenance practices for body, mind, and Spirit.

I hope all of this seems as amusing to you as it does to me. Sometimes, all you can do is laugh at yourself. I do not know why I do what I do, much less anyone else. I rarely drink coffee, but in the last two weeks, I have had more coffee than in my whole life! It gives me a little lift that feels good, and I get it without doing my exercises or yoga! Oh yes, without my daily maintenance practices. I can just hear you thinking, "Where have you been?"

Blessings on your journey. May it be the adventure that your soul was hoping for!

 Annie



August 02 Sandy Hill
August 06 Alex Penn
August 06 Barb Fisher
August 07 Tracy Repp
August 07 Jack Richards
August 12 Judy Mosavat
August 17 Andrea Shaw
August 18 Oana Popa
August 18 David Winfree
August 21 Donald Prevost-Hart
August 21 Diane Gledhill
August 25 Cathy Dyer
August 31 Marsha Hudson

Haiku from Dexter

by Cooper Holland, Barb Fisher
and Sandy Hill

Splashing in the lake
Turn around
Leaves falling





Yoga Alchemy

By Jennifer Lenders

Yoga Therapist

This morning, I went to mat as I regularly do, finding my cozy space in the basement where I

have a space heater and colorful carpet that provides a nest of comfort. It was dark out still, and I sat with my cup of tea, taking in the state of my body, mind, and breath. I felt scattered, sluggish, and not quite awake. My breathing seemed very shallow, and my mind was hopeful that my practice would return a sense of energy and lightness to my being. I realized that my airways were inflamed, making it difficult to breathe into the belly and extend my inhales and exhales. Trying to relax, I began to clear my airways with short breath holds. I felt irritation and frustration at not feeling very well physically. However, I returned to the attitude of self-compassion and curiosity for where I was, without judgement, in the moment.

The short breath holds brought some improvement in breathing with ease, so I began to gently move from table pose to child's pose, not pushing the movement but staying with the pace and gentle sensations of the breath. Letting my body decide, not my mind, I started unwinding my hips with slow flowing circular movements. I remembered that movement can be joyful, free, and curious if there is no agenda but to let the body speak or inform direction by sensation. When movement is linked intimately with the breath, it can be experienced as a soulful caressing sensation of limbs, core, heart, lungs, and head – all parts of the physical body by directing the sensations of breath. Sitting for a moment, I paused and recalled the breath itself as the goddess herself in all her infinite love and acceptance, lovingly nourishing my cells with grace and abundance. Movement becomes a dance with how life or prana is flowing in and out, moment to moment, without force, strain, or control, but with the freedom and joy of existence. The size and shape of the movement are guided by the rate and volume of the breath and consciousness of the body.

I began to feel my mind become lighter and a smile spread inwardly. This container of well-being emerged through the practice of uniting my awareness of body, mind, and breath in the present moment. I felt a brightness and ease within. Observing this shift in body, mind/ thoughts, and breath, I realized that the joy of sensation, of breathing and moving, is about being alive! What joy! **I'm moving, breathing, sensing, feeling, and awake to the synchrony of these layers interacting with the floor and the air surrounding me. I am dynamically connected to self and earth.**

In awareness of this joy of life happening on the mat, I sat down in meditation. Is this the point of yoga? To simply appreciate life, to hold sacred the mystery of existence? To continue into savasana, or final relaxation pose, where we then let go completely to the life that exists beyond the body experience – perhaps the mystery of life leaving the body, not in fear but with a sense of wonder about the beyond.

How often do we simply pause, sense, feel, and notice that life is flowing through us and around us? That we woke up today breathing, heart beating, and senses experiencing what it is to be in this body on this planet? **To express the uniqueness of my own experience is to honor my life as a gift. May this inform my thoughts, feelings, and actions.**

Bringing my hands to my heart, I'm grateful for the mysterious alchemy of yoga to start my day!

"There is a vitality, a life force, a quickening that is translated through you into action, and there is only one of you in all time, this expression is unique, and if you block it, it will never exist through any other medium; and be lost." Martha Graham





A Conversation With Eeth, the Praying Mantis

by Peggy River Singer



Eeth: You can call me Eeth or Twitch. My people do not communicate in noises that humans can hear. Instead, we exchange the energies of our thoughts. We have nothing like a written language; there is no need. If we wish to call up a moment from our history, there are always other mantises – living and departed – who can supply that information.

Peggy: Thank you, Eeth! I wrote an article about your people that included this information: “About 75 years ago, some researchers kept a bunch of mantises in a cage for study, but forgot to feed them, leading to cannibalism. This seems to be the origin of the ‘females always eat their mates’ theory.”

Eeth: Those mantises are listening (in spirit form) and are expressing amusement. They are (celebrities) among us for their involuntary participation in this study which was taken so seriously by humans for so many years.

Peggy: But didn’t most of that captive group die because they were not fed?

Eeth: Yes, but we depart the physical body and take up a new one very easily. The mantises simply made their decisions and moved on.

Peggy: There is still endless speculation among us humans about why and how often female mantises eat males. Can you clarify that for us, please?

Eeth: Actually, no. We find it very entertaining to see humans arguing over such a matter, which really is our business alone. Some humans need to learn that they cannot always find a “concrete” yes or no answer to puzzles such as ours, and we are pleased to provide this lesson for those with inflexible yes-or-no thought patterns!

Peggy: Years ago, I saw a mantis in a flowerpot at the door to my local library. Was it there to give me some specific message?

Eeth: I perceive that this is a common experience for you, but that was simply a coincidence.

Peggy: As a child, I captured mantises and kept them in big jars. Now I realize that was unkind, especially since I didn’t take very good care of them. Can you help me apologize to them, so I can let go of the guilt I’ve felt all these years? Oh! I’m feeling a sense of comfortable warmth!

Eeth: Those mantises are offering forgiveness and encouraging you to let go of your traumatic guilt. They actually spent quite a bit of time out of body. And they sang/hummed together at night to help soften and counteract the dark and fearful atmosphere of your home at that time. You were the only family member who accepted, on a soul level, their healing.

We encourage you to focus on the fact that you DID decide one day to release all those mantises into a nearby field where they would find shelter and abundant food to restore their strength and energy.

Peggy: [tearful] Thank you, I really needed to hear that.

[A few minutes of companionable silence.]

Peggy: There are more than 2,000 species of mantis today that we know of. What is the role of the mantis folk in the greater world, the physical world, and the worlds beyond?

Eeth: Our lessons include the value and depth of expression of simple silence and stillness. You call this a form of meditation, but it is far more than that. It is connection with All That Is, on all levels of existence. We would like to see more humans embrace this practice, even if only for a few minutes a day. It would help make great differences in the energies of today’s world. I think that’s enough wisdom for today! [winks].

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.



August Special Events

Cafe 704 Presents... Kozora Quartet

Saturday, August 9, 2025, 7:00-9:00 pm

Join us for an exciting expedition of diverse and colorful original Global Fusion music presented by:

KEN KOZORA, Composer – Bass Guitar, Synth,
Percussion, Dulcimer

PAUL VORNHAGEN – Sax, Flute, Clarinet, Ocarina

SPECIAL GUEST ... ROD CAPPS – Guitar

subbing for Robert Spalding Newcomb

ENRIQUE "KITO" PARDO – Drums



Tickets: \$10.00-\$20.00 (sliding scale) If attending in person – pay at the door.

If attending on zoom – purchase tickets online at <https://interfaithspirit.org/cafe-704-coffeehouse/>

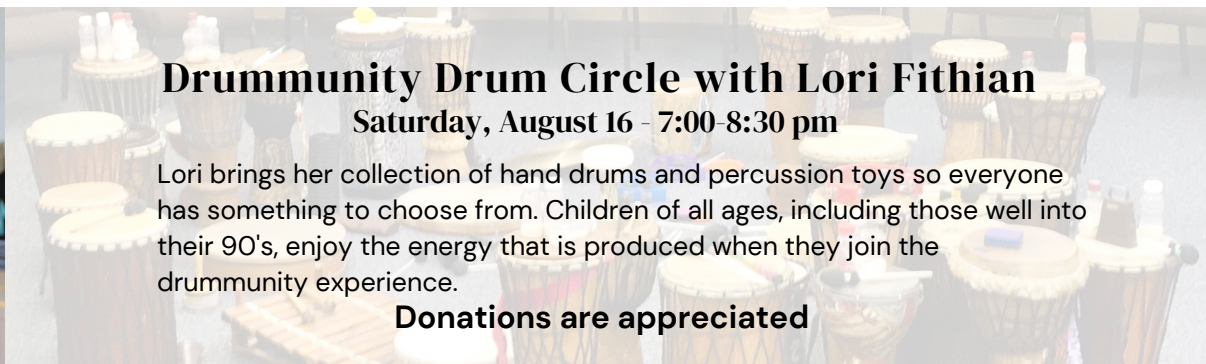


Drummmunity Drum Circle with Lori Fithian

Saturday, August 16 - 7:00-8:30 pm

Lori brings her collection of hand drums and percussion toys so everyone has something to choose from. Children of all ages, including those well into their 90's, enjoy the energy that is produced when they join the drummmunity experience.

Donations are appreciated



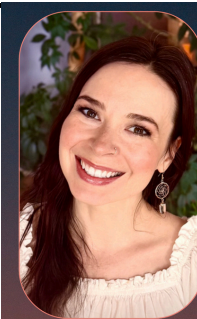
Introduction to Kundalini Yoga with Dr. Katie Lynne

Sunday, August 24 1:00 pm

Discover the awakening energy within. This intro covers:

- * Yogic philosophy
- * Energy anatomy
- * Practice of Kundalini Yoga techniques
- * Application of "the yoga of awareness," to the collective energy shift we are moving through.

Love Donation Appreciated



Awakening Higher States of Consciousness

Brian Lottman

Sunday, August 31 1:00 pm

Brian Lottman, a wandering monk, has held hundreds of "satsangs" at yoga studios, churches, and spiritual centers across the US and Canada.

Join Brian after the Sunday service. Learn simple practices for reaching the transcendent realms through mystical mantra, chakra clearing, breath, and meditation.

register at:

<https://interfaithspirit.org/special-events/>

Love Donation \$30.00

