



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication



Picnicking at Murray Lake (2017)
7994 Plymouth Road, Ann Arbor



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Interfaith Annual Potluck Picnic at Murray Lake

Sunday, August 30, 2026 • 1:00–5:00 pm
Hosted by Dawn Swartz & Jim Windak

Potluck picnic – Bring a dish to share. There will be a sign-up sheet at the center and online (Meal Train). An email will be sent through groups.io

Swimming – Remember to bring your swimsuit, towel, sunscreen, water shoes and floatation device if you wish to go in the water (there are changing rooms and flush toilets on site)

Singing – Feel free to bring an instrument and your favorite music. Sing a longs are best!

Games – Bring what you enjoy sharing with others. Some ideas are cornhole, croquet, horseshoes, frisbee or board games.

Seating – Picnic tables are available. Feel free to bring your lawn chairs or a blanket.

Cost is \$10.00 per person. Registration is required. Your name must be on the list for you to be admitted onto the property.

This is a family-owned and operated property that sells annual memberships. Dawn and Jim have memberships which allow them to host this event for us. Their membership and our contributions allow us to support naturalized spaces such as this. If you have not attended before, you are in for a real treat. If you have attended, you know how special this place is already.

For more information you may contact Dawn by text 313-204-0069 or Delyth at 734-657-5384.



Meet Craig Harvey

by Beth Wheland

Members of the Interfaith Center for Spiritual Growth will know Craig Harvey as camera operator, video archiver, and coordinator of *Peace Generator*. A mechanical engineer by trade, Craig describes himself as having “one foot in the engineering existence and one foot in the spiritual side,” adding with a smile that neither of those necessarily involves human interaction. “I like wildlife,” he adds, launching into a tale about feral cats, raccoons, and deer, all of whom he delights in feeding and observing.

The technical work Craig does for the Interfaith Center has developed over time. It started in 2007 with occasional recordings of special events and guest speakers that Craig posted on his private YouTube channel. “I found them interesting and thought others might also,” he says. When the Covid-19 pandemic hit in 2020, the postings became “necessary as opposed to nice.”

A love for the natural world motivated Craig to work for the Environmental Protection Agency (EPA) instead of pursuing more financially lucrative opportunities in the corporate world. His career with the EPA meant working with like-minded individuals, people inspired by the knowledge that they were doing good for the world. When the World Wide Web came along in the '90s, Craig's project was to maintain a home electronic bulletin board that served as a repository of files and reference materials. Its purpose was to share scientific and technical data with the states. What grew out of this work is now The National Vehicle and Fuel Emissions Laboratory, located in Ann

Arbor. Their work was responsible for automobile emissions standards that have helped clean the air we all breathe. The diagnostic codes that track emissions have made our vehicles “so much better now than in the 1970s,” says Craig. Unfortunately, he adds, those standards are now being dismantled by the administration.

Craig's working days ended when he was 55 but he is an active community volunteer. Craig is also active with Rank MI Vote, a citizen organization working to bring ranked-choice voting to Michigan. Although a recent petition drive fell short of the signatures needed to place the issue before voters, Craig says the group intends to continue its efforts.

Craig is also interested in energy healing and trauma counseling. He leads *Peace Generator*, inspired by the World Healing Circle, on third Fridays at the Interfaith Center (see website for details). He is also a participant in a local “Circle of Dolphins.” The circle symbolizes an energetic connection with unconditional love, playfulness, and emotional release, all associated with dolphin consciousness. The Circle of Dolphins is a group healing technique in which one person sits in the circle's center, receiving healing energy from the others. Plus, Craig has training in Traumatic Incident Reduction (TIR). This training dovetails with the Interfaith Center's Conflict Resolution Committee and with the Ann Arbor Death Café (deathcafe.com), which Craig helps host.

As far as this writer can see, there's a lot of interpersonal communications going on for a guy who said that neither of his primary identities (engineer and spiritual seeker) involves human interaction. But what do I know? If you see Craig, say hello.



Ministerial Miscellany Morning Meditations

by Rev. Annie Kopko

A few months ago I wrote about evening meditations. The end of the day is usually a peaceful time for me. Evening is when it feels easiest to catch up on emails and calendar notes, reflect on the day, find peace in knowing I don't know everything but have done my best, and let go of the things I thought I should have accomplished before the day was over.

The beginning of the day can be peaceful as well. Morning meditations are more like affirmations and inspiration for the active day ahead—if I can catch my mind before it takes off into the minefield of my emotional and imagined fears of things going wrong and not getting done, or at least worked on, during the day.

I like to take advantage of YouTube because it helps me stay focused while I listen. Dr. Joe Dispenza offers some of the best quiet



Haiku from Dexter

by Barb Fisher, Sandy Hill,
Cooper Holland

Summer sun heat
Hide in the shade
Birds still sing



2	Sandy Hill	18	Oona Popa
6	Alex Penn	18	David Winfree
6	Barb Fisher	21	Donald Prevost-Hart
7	Tracy Repp	21	Diane Gledhill
7	Jack Richards	21	Stacy Etherton
8	Julie Martin	25	Cathy Dyer
12	Judy Mosavat	31	Marsha Hudson
17	Andrea Shaw		

meditations, with gentle music and enough silence between his words that I can repeat the affirmations to myself. During these meditations, there are few, if any, ads; or perhaps I've simply decided not to let them bother me.

In the morning, I enjoy listening to Esther Hicks and Abraham, who gently yet firmly remind us of our spiritual reality. I appreciate Jack Kornfield and Ram Dass for their clear and accessible teachings on Buddhism. More recently, I discovered Jon Marc Hammer and his channeling of Jeshua ben Joseph in The Way of Mastery series. And when I need to open my heart and quiet my mind enough to receive miracles, I turn to Louise Hay.

Just as it is true that our imagination can help create the lives we want, the possibilities for listening and contemplation are infinite. With this kind of support, I find greater peace and remember that I am always surrounded and filled with love—boundless love. I am so grateful to have each of you in my life!

Annie

Resolution Committee

Submitted by Layla Ananda

The Interfaith Center Resolution Committee has worked over the past year to provide listening, mediation, assistance, and training to help our community interact in kind and caring ways, even in the face of conflicts or other difficulties.

At the last QCC (Quarterly Conversation in Community), the Resolution Committee presented a list of aspirations which will be posted on a wall in the Center. We were happy to receive positive feedback from the QCC attendees.

We'd like to give you a chance to add your thoughts and suggestions before we send the list to the Board for approval later this month. Please email layla.ananda@interfaithspirit.org with your comments.

Interfaith Community Aspirations

(Suggested Wall Sign)

- As expressions of divinity, we celebrate a world awakened to love, starting with our interactions with each other.
- We practice lovingkindness toward ourselves, each other, and the world.
- We work on being aware of our own thoughts, feelings, and actions, and how they impact others and our community as a whole.
- We're willing to listen and respond thoughtfully, if someone asks us to take a breath, take a break, make some space, or talk about a concern.
- We respect our own and others' needs to have space and to feel safe as we manage and process our feelings.
- We talk directly with each other about conflicts, supporting each other's spiritual growth with understanding and patience, asking for assistance as needed.

An Invitation to Brave Space

by Micky ScottBey Jones

Together we will create *brave space*—
 Because there is no such thing as a "safe space"
 We exist in the real world.
 We all carry scars and we have all caused wounds.
 In this space
 We seek to turn down the volume of the outside world,
 We amplify voices that fight to be heard elsewhere,
 We call each other to more truth and love.
 We have the right to start somewhere and continue to grow.
 We have the responsibility to examine what we think we know.
 We will not be perfect.
 This space will not be perfect.
 It will not always be what we wish it to be.
But
It will be our brave space together,
and
We will work on it side by side.

Gathering of the Waters Ceremony September 13

The Annual Gathering of the Waters Ceremony will take place during the Sunday Celebration Service on September 13. If you are traveling this month, please collect a small amount of water from a spring, waterfall, or lake you visit (if you haven't done so already). If you are staying in Ann Arbor, you may find a meaningful source of water nearby—perhaps even in your own backyard. During the ceremony, you will have an opportunity to share at open mic where your water came from and the special meaning it holds for you.





Volunteer Corner

Involvement without Ongoing Commitment

by Annemarie Howse

We are grateful for the many volunteers who commit to serving at a specific day and time each week or month. Their dedication helps keep the Center running smoothly and ensures we can continue offering the support and services our community values.

If you are new to Interfaith or have a busy schedule, there are still many ways to help without making an ongoing commitment. For example:

Help clean up after potlucks and other events.

On the first Sunday of each month, our potluck team arrives early to set up tables and receive food as people arrive for service. They also leave the service early to move items from the refrigerator or oven to the buffet line, assemble salads, slice pies, label food, and handle many other tasks. After lunch, dishes need to be returned to the kitchen, washed or rinsed, and placed in the dishwasher. Leftover dishes or food are set aside safely for later pickup. You may help with clean-up once or every month. Assistance is always needed and greatly appreciated.

Assist members of our Interfaith community with rides or other special requests. Many members

share their needs through groups.io, an email list created for Interfaithers to communicate with one another. If you see a request you can help with, you may respond directly. Some members also request assistance through the Caring Committee, which always welcomes new members. If you prefer not to join the committee, you can still let them know you are available to help occasionally.

Provide snacks for events such as Café 704, open mic, or after-service social time. Bake an extra batch of cookies or pick up a pie or cake on your way in. There is no need to let us know in advance.

Write an article for the next edition of the *Interfaith Inspirer*. It does not need to be long; 150 words, or about one-quarter page, is a great start. Back issues, available on our website, can provide ideas about what to write. Go to <https://interfaithspirit.org/interfaith-inspirer-newsletter/>

Sign up to do a reading or lead a meditation during Sunday service. This requires advance planning because you need to sign up, but it is only a one-time commitment. Readings and meditations are just 3–5 minutes long. Talk to Norah or email her at nkreilly58@gmail.com.

Universal Truth & Its Eternal Call

Sunday, August 30, 2026

Interfaith Center for Spiritual Growth

10:45 am -12:15 pm: Interfaith Sunday Service

"Universal Truth and Its Eternal Call"

with Swami Sahajananda Giri

5:30 - 6:00 pm Public Talk: "Our State of Mind"

6:00 - 7:30 pm Full Moon Kirtan

7:30 - 8:30 pm Potluck Dinner

For More Information, Contact

Trevor: trevoreller108@gmail.com
(734) 332-8880

Awakening the Chakras Repairing the Aura

with Brian Lottman, A Wandering Monk

Saturday, September 5, 2026

Interfaith Center for Spiritual Growth



Potluck: 5:00 - 6:00 pm

Workshop: 6:00 - 7:30 pm

Love Offering: \$20 - \$30

Learn more about events go to stirtheheart.com
For clips online, visit [Youtube@BrianLottman](https://www.youtube.com/BrianLottman)



A Conversion with “Big Bull” of Domino’s Bison Herd

By Peggy Riversinger

Background: While “bison” is the correct scientific term for American Bison, “buffalo” is deeply rooted cultural and historical name of choice among Indigenous peoples to honor the animal’s spiritual significance. (Wikipedia)

I was driving past Domino Farms recently and wondered whether bison moo like cows. Big Bull (current leader of the Domino’s herd) popped into my mind, grinned, and went “mooooo!” Then he laughed his fuzzy butt off! I looked online later that day and read that bison grunt and bellow instead of mooing, so Big Bull was making a Big Joke! Okay, maybe you had to be there.

Big Bull: I’m not offended that you need to explain my joke to other humans. I doubt very many people have ever thought about the question I heard in your mind. I couldn’t resist the opportunity to show humans that we buffalo are much more than pitiful remnants of the herds of the past!

Our ancient relationship with Indigenous humans was one of respect and balance, but during the Great Slaughter we met the most dangerous enemy we had ever faced. Ripples of that trauma, with many, many layers and frequencies and varieties still can be felt throughout our former grazing lands which include my herd’s location today (Michigan). Healing of our vast group soul and the land itself is slow, but it does progress steadily. That kind of multi-level healing cannot be rushed.

Peggy: Did the bison folk have any foreknowledge of the slaughter?

Big Bull: Please use the name buffalo, it has a much more powerful and rock-solid energy. Our

Wise Ones knew, yes. For thousands of years, all buffalo knew—on a soul level—what our future would probably look like. We accepted the persistent visions of our elders and at the same time hoped for a more benevolent outcome, since the future is constantly in motion.

We had always communicated freely with our cousins, Eastern and Woodland Buffalo, so we knew they were killed off before settlers moved west exploring “the new land.” *Snort!* [which represents a potent buffalo cuss word] Millions of murdered buffalo still walk the earth, helping with the healing process. We make a very low rumbling sound that few humans have heard, a special frequency that helps restore health, balance and “rightness” on every level. Some humans can perceive the “ghost herds” like what I’m showing you now...

Peggy: They look perfectly normal, except I can see through them.

Big Bull: Exactly! Your National Park Service says: “The oldest bison fossils in North America date back to 240,000 years ago.”

Humans have only been here for 30,000 years!

Our ancient herds worked with others to shape this land (North America) with every hoofprint, howl, and breath.

Peggy: [I see a vision of the Sacred Four: Buffalo, Dog (Wolf and Coyote), Horse, and Eagle.]



Peggy Riversinger is an all-beings communicator. More of her articles are posted on angelsfairiesandlife.wordpress.com. To request a communication session, please call 734-548-0194.



ERNESTLY SPEAKING

A Prayer For Our Nation

by Janet Somalinog

A prayer that I wrote for our Nation's 250th birthday was read in part at the July 5th service. Here it is in its entirety, although revised to fit. Each paragraph represents a particular step in the Religious Science treatment prayer format. I highly recommend putting more emphasis on the first two stages of consciousness.

1-Recognition The One Life, Spirit, the One Mind, the Unified Essence of all things is a perfectly coordinated pattern of all life phenomena. What I call the One Mind is always right here, right now, where every divine quality is always available, in all places, at all times. Spirit is the ready source and supply of all healing, ease, prosperity, contentment, and peace. These qualities are not separate or unattainable in some faraway realm, but exist in their fullness, right here, right now! The omnipresent field of the One Mind is the vibrational force that connects and flows through all things in divine right order.

2-Unification This is exactly what I am made of, what we are all made of! Our lives exist in this One Mind. What is in Spirit is in us, as us, and flows in and through all of our experiences, relationships, and body temples. There is nothing outside of the One Mind; therefore, there is nothing outside of my mind.

3-Declaration As my heart and mind swell with the understanding of the Truth of who and what we are—God in human form—I declare the following:
—That God is present in this 250th year of our country and marks a new direction of true freedom and prosperity for all who reside on her land and for those connected to her borders. Her love and

potential are available to all who believe in caring for her needs, her people, and her health.

—The full Light of Healing washes in and through the wounds and trauma of our nation's past. The ever-present light of spirit openly and freely flows a readiness for sharing the stories of this painful past, and for honoring the strengths and resiliencies of the many peoples and tribes that endured the bloodshed brought on by politics, ignorance, war, segregation, slavery, injustice, etc. These stories belong to God's library of healing where the travesties are held deep within our blood and soil. This is where the next level of work is done with our arms deep in the earth replanting new ideas of love and grace. We rise with dirty and gritty arms linked together for our next destiny.

—The river of God's Omniscience continually flows through our institutions, especially our systems of government, honoring the Light of Infinite Potential and bringing prosperity to every citizen, every would-be citizen, every man, woman, and child connected to this country, far and wide. These include education, medical care, housing, peace, justice, respect, and opportunity everywhere available, just as freely as the Light of the Sun shining on all alike, the rain falling on every head. The white light nurtures the full expression of one's abundance inviting each and every citizen to dance with their own bounty of good for themselves, their families and for all of us.

4-Thanksgiving For all of this we are grateful. With open hearts we breathe a daily prayer of thanksgiving for these blessings and even more yet to unfold

5-Release With a Grateful Heart, we simply release these words into the Law of Mind where the power is realized through our complete immersion and unification with the Infinite Source. Our word always becomes our life experience.

AND SO IT IS!

AUGUST EVENTS



Curtis Glatter

Drum & Dance Jam

Saturday,
August 1
7:30–9pm
\$5 Suggested
Donation

Lughnasadh
Pagan Chant Sing-Along
Thursday, August 6, 2026 • 6:00–7:30 pm

**Interfaith Center
for Spiritual Growth**
All ages, spiritualities,
and musical
abilities are welcome!

Come celebrate the
midpoint between
Summer Solstice
& Autumn Equinox

Cafe 704

Interfaith Center for
Spiritual Growth

704 Airport Blvd, Ste. 1
A2 48108

Tickets \$10–\$20
(sliding scale)

Doors open at 6:30 pm



In person, pay at the door.

Purchase Zoom tickets at

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

Info contact Delyth: 734-657-5384

Kozora Quartet

Saturday, Aug. 8, 2026
7–9:00 pm

*Join us for an evening of diverse
and original Global Fusion music
presented by:*

Ken Kozora, Composer– Bass Guitar,

Synth, Percussion, Dulcimer

Paul Vornhagen–Sax, Flute, Clarinet

Robert Spalding Newcomb–Guitar

Synth, Sitar

Enrique “Kito” Pardo–Drum Set



Drummmunity Drum Circle Lori Fithian

Saturday, August 15
7–8:30 pm

Donations to the Center are appreciated

Words & Music OpenMic @ICSG

Thursday, Aug. 20
7–9pm

Doors Open at 6:30 pm

Suggested donation for all attending \$5.00

Questions? Contact

Don Digirolamo at dondidge@gmail.com

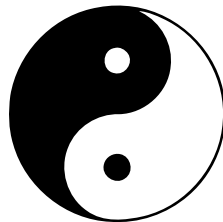


Discover T'ai Chi

with Lisa Teets

Sunday,
August 23, 2026
12:30 pm

After the Sunday Celebration
Service
(all levels are welcome)



Community Sing *with* Matt Watroba



Wednesday, August 26
7–8:30 pm

\$5–\$10 suggested
donation

Your donations allow us to support this event