Volume XXII Number 11 November 2026

Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication

Expressions of Gratitude

From our Interfaith Community

As the season turns and the days grow shorter, many of us find ourselves pausing to take stock of what matters most. November invites reflection, and we asked individuals from the Interfaith Community: **What are you most grateful for?**

We're grateful to everyone who took the time to share their reflections with us. Here is what they had to say:

Parina Bowers – I am grateful for my new job and the opportunity to learn, grow, and begin a new chapter in my career. I am also thankful for my family, friends, and all the wonderful people who bring love, laughter, and happiness into my life.

Den Carbonell – I have gratitude for my spouse, family, being a mom and a "Grammy;" caring friends; my two cats; my home and the nature I live in; that I live in Michigan; my hysterectomy being behind me; the places and activities I'm involved with including Interfaith and its community; books; dark chocolate; and the Chelsea Library!

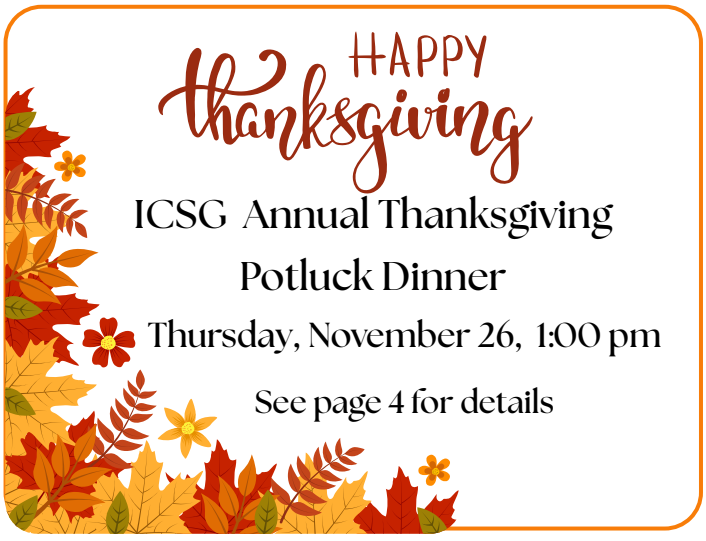
Al Carter – I am thankful for Norah Reilly who was such a support for Marilynn and me, and now me.

Lyriel Claire – I am thankful for the Creative Expressions craft group which inspires me to use my creative side along with good company, good humor, and positive support.

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Vicki Davinich – I'm grateful for my husband, Bill, his understanding, his gift for discovering new and unusual music, his kindness to animals, and how much he loves our son. I'm grateful for my Interfaith friends, the good food they prepare, and how much we love having fun.

Bonnie Dede – I am grateful for the gift of experiencing this world.

Don Digirolamo – Being with Annemarie is my greatest joy. We're living in our own little micro paradise here in Ann Arbor, and I give thanks for our life together every day.

- I'm grateful for my family, friends, and our cats. I'm grateful for my and our general good health.
- I've made many friends at the Center, and I'm grateful for them as well. Working with such talented musicians and doing sound for them at the Center, and with other members of the tech team is also something I am very grateful for.
- I'm grateful for the wonderful weather we've been having, the clean air, and plentiful water.

Dick Durham – I am grateful for my second family at Interfaith. Also, that I got to spend 25 great years with the special lady (Joy Pendelton) who introduced me to that family.

R**ob Fagerlund –** I am grateful for the place my life has come to. At the Center I have achieved some degree of balance and wisdom. I am grateful for a community that supports me and for the people I interact with. I've learned how to interact with people in a positive way. I am grateful that I have come to a place in my life where I know who my True Self is, I can be my True Self, and that doing so allows me to interact with people in a positive and satisfying way. I'm grateful for the fact that I can finally, and actually like the guy that I am. I am still astounded as well as grateful that other people seem to like me too.

Diane Gledhill – I'm grateful for *all* my community connections that have been there for me this year. It's been a trying year.

- The thankfulness practice that Janet Somalinog started me on a few years ago. Before going to bed I write down a few things that I'm thankful for that day. It seems to have helped avoid depression bouts.
- Peggy Lubahn's mystic cards that she brings on Sundays. They provide a weekly uplift.
- All the people on the Greeter team. They offer their time to help people feel like part of our ICSG family.
- Norah Reilly's comic relief and the ability to be myself
- Don Digirolamo's sound mentoring
- Family & friends
- Good health & stability

Annemarie Howse – I am most thankful for Don, for our love for each other, our beautiful home, our sweet cats, and the friends and loved ones that we have to share our lives with.

- I am thankful for my lovely gardens and my African violets that I get to enjoy even where there is snow on the ground.
- I am grateful for the four seasons. Although I enjoy summer the most, I love freshly fallen snow around the holidays and look forward to crocuses, tulips, and lilacs in the springtime.
- I appreciate the people at Interfaith that greeted us with open arms when we moved here in July 2019, and provided us with a place that we could call our spiritual home.

Practicing gratitude each day makes it easy to feel thankful at Thanksgiving time.

Marian Orihel – I'm grateful to ICSG for what it has added to my life. It has become a spiritual home as well as a source of friendship, support, music, and learning opportunities. I'm also grateful to Cooper for telling me about ICSG!

Expressions of Gratitude—continued on page 4



Ministerial Miscellany

Attitudes of Gratitude

by Rev. Annie Kopko

Every year at this time, I pause to put some extra effort into into being thankful for everything in my life. Years ago, I read the book *Attitudes of Gratitude*. It was the first time I had ever thought about how to be thankful daily in an unlimited way, and I felt that reading the book changed my life.

When I was much younger, I used to be thankful for things, but not people; for food, but not for the wonders I experienced every day (and certainly not for my body—that of a pretty young girl). Through reading this book, I learned to be thankful in a different way: thankful for what I could give wholeheartedly and unconditionally, rather than giving in order to receive something in return or to earn something through my efforts.

I began to give without a thought of receiving, without that need to grasp for what I did not have (enough love, I imagine). This was totally new for me. Some call it "paying it forward," but I would say it is simply what a spiritually-minded person would be naturally inclined to do: to live with a sense of satisfaction with life as it is, and to be able to say, "I am enough" and "You are enough."

When you set your intention to be more thankful, more opportunities to express your gratitude will show up. Imagine that! As you relax your need to receive attention and instead give unconditional attention to others, others will pay attention to you.

Tears come to my eyes, because if this were true for more of us, we would all experience more love, peace, and happiness in our lives. We would be able, willing, and inspired to share and sustain the truth of our deepest reality. We would remember that our part is to be God's angel-messengers on earth. In doing so, we would experience perfect peace.

Always, be the love that you are.

Blessings, Annie



Happy Birthday November

1	Susan Thompson	15	Bob Hopkins
2	Dave Snyder	16	Jana Healy
4	Holly Makimaa	16	Susan Slack
4	Sally Searls	18	Laura Baris
6	Carol Perrault	21	Anna Marie Henrich
7	Bethany King	26	Al Carter
8	Cathy DeLauter		



Expressions of Gratitude—continued from page 2



Dan Ramsey – Freedom of choice, friendship, being kind to others!

Norah Reilly – Deep, abiding gratitude for:

- my continuing growth and unfolding
- having the chance to find my "tribe" here at Interfaith
- learning the joy of giving, and how to receive help graciously (still working on learning to ask for help!)
- good health, a roof over my head, good friends, food in the pantry, a close and loving spiritual family, and more. So, I am grateful for all those big things and a host of little things.

Marlena Studer – I am deeply grateful for the gift of music and the extraordinary joy it brings to my life. Singing allows me to express emotions that words alone cannot capture. There is something profoundly comforting and validating about hearing a melody or lyric that so perfectly reflects what is in my heart. Music gives voice to my deepest feelings, offering both catharsis and healing. And perhaps most beautifully, music creates a powerful sense of connection with others. When we sing together, our individual voices become part of something greater, transcending our differences and reminding us of our shared humanity. Music enriches my life in ways that are difficult to measure, and I cannot imagine a world without it.

Dawn Swartz – Health and strength, the things that my father put in his prayer before dinner every day that I can recall.

Beth Wheland – I am thankful for having been born into the Papatones/Flanagan family. No matter what, they have had my back. I can't imagine going through life without that safety net.



ICSG Annual Thanksgiving Potluck Dinner

Thursday, November 26 at 1:00 pm

Turkey will be provided by the Caring Committee. Please bring a side dish or dessert.

- Set-up crew, please arrive by 12:00.
- Guests should arrive by 12:45 for mingling and to give your shared dish to a member of the set up crew.
- If your dish requires any preparation (reheating, slicing, etc.) we ask that you arrive a bit earlier.
- Dinner will be at 1:00 pm.

Please go to mealtrain.com/r8o112 or scan the QR Code to let us know what you will bring and if you would like to help with set-up and/or clean-up.
There will also be a sign-up sheet at the center.



ERNESTLY SPEAKING

So Much Gratitude

by Janet Somalinog

For November, I have chosen to share a collection of 'gratitude steps' from the many Religious Science affirmative treatment prayers I have written over the years. As you read each one, feel free to breathe these words into your being as if they were your own.

I live with a deep gratitude every day, every moment, and fill my thoughts with joyous expectation and sweet surrender at the same time. I practice Loving self-care because I am caring for God with my name! And I am thankful for her!

I am completely provided for. So I simply give thanks for my life as God's Life. I bring forth more of my good by simply residing in Gratitude for the very thing that I know already exists in me, as me. It is already a part of my Life and I access it with my thankful attention. My heart is bursting with Joy for all the Good that surrounds me. And so it is!

I focus with the eyes of Spirit every time my human vision settles on anything, whether it be living, non-breathing, a conceptual idea, a relationship, or event. I allow this Love to permeate all that I do, think, and say. I am filled with gratitude for this Omniscient Love of which I am a central point. All of Life is affected by my thoughts right here and right now; I choose the greatest and grandest idea of Love that I can conjure up at this present moment and I simply put it into action with my breath, my eyes, my hands and arms, my thoughts, and choices. With deep gratitude, I say, and so it is! Amen!

I am on a path of expansion in God. No doubts, no media, no pre-disposed ideas can get in the way of the Evolution of Spirit through me. I gratefully turn my desires, my goals, my dreams over to this Higher Power, and then I trustingly turn my will over to God, so my life is now one with God's Life. And so it is! Amen!

With gratitude filling my body, heart, mind, and soul, I release these words into the Law of Mind, and as I let them go, I keep my arms wide open to receive the equivalent and more. Yes! Glorious world, I am an integral component of evolving Life forward into more and more good every day, every moment. I gratefully accept these eternal gifts as I loudly declare, and so it is! Amen!

I am made up of the One Fabric of God. This vast, infinite blanket entwines me to the power of All There Is. I am deeply thankful knowing that this Energy is mine to do good works with. With gratitude I bring healing and prosperity to myself and others. I pull this energy out of the earth, the skies, the Sun, and reflect it back to the Universe. I am One with God, a conduit of the Infinite. I gratefully accept this identity and responsibility as Spirit and allow these qualities to reveal Universal healing all around me. I stand aside in humble gratitude as God expresses Itself through me and my actions. And so it is!

The Interfaith Inspirer

We are looking for someone with publishing softwear experience to join our team. The team meets once a month in person or on Zoom to collaborate. If interested, please send an email to: newsletter@interfaithspirit.org.

Newsletter Team: Lyriel Claire, Annemarie Howse, Norah Reilly, Delyth Balmer, Vicki Davinich



A CONVERSATION ABOUT A MINING DISASTER

by *Peggy Riversinger*

Background: On November 3, 1926, 51 men died when the Barnes-Hecker iron mine in Ishpeming, Michigan collapsed. (Source: Michigan History Magazine March/April 2025) "Speaker" represents all aspects of the geological structures of the area.

Peggy: May I please connect with the geological strata in the area of the Barnes-Hecker mine?
Speaker: Yes. We are pleased to demonstrate that we are "beings"—right down to individual micro-grains of sand and their energetic composition—and not just inanimate chunks of rock.

Peggy: I would appreciate hearing your perspective on this mine that collapsed a hundred years ago, please.
Speaker: We were aware of the human activities at that location and others, just as we are aware of the tiniest ant moving grains of sand to create a living space of safety under the surface of the ground.

We had watched that event develop and knew what the results would be; because to us, all timelines are happening at all moments.

We did not trigger the sudden subsidence that destroyed the mine; neither did we attempt to prevent this from happening, or interfere in any other way. Everything happened as it was meant to happen.

Peggy: Thank you. Do you object to human mining and earth moving?
Speaker: No. We exist within a perspective of billions of years.

Peggy: Are you aware of the spirits or souls of the humans who died underground?
Speaker: Yes, we perceive them as faint traces of "something that was." Some soul-fragments are frozen in the moment of realizing that death would be inescapable; some repeat their final actions endlessly; many continue to attempt to reach the surface.

Peggy: When the mine collapsed, how far away were the vibrations/energies perceived by your people?
Speaker: Ultimately, the whole planet.

Peggy: Did the collapse of this mine cause major changes in the underground layers of rock?
Speaker: Yes, to a distance of about 100 miles. Beyond that, the changes/adjustments were more subtle.

Peggy: Were any beings living underground in that area?
Speaker: A few non-physical star-wanderers who study human mining activities have an underground colony nearby, approximately a mile under the surface. They predicted every detail of how the event would develop, and the consequences became part of their observations.

Peggy: Was there any harm to their colony, or their members?
Speaker: No harm at all, thanks to protective shielding and their ability to control their immediate surroundings. They thank you for your concern on their behalf.

Peggy: Is there anything else you'd like to express today?
Speaker: No.

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



Soul of a Nation

by Beth Papatones Wheland



"Once the religious, the hunted and weary, chasing the promise of freedom and hope, came to this country to build a new vision, far from the reaches of kingdom and pope." (Monster by Steppenwolf, 1969).

Democracy is an experiment we haven't yet lived. Its potential was dreamed, in the 'civilized' west, by the ancient Greeks. Those who rebelled against the crown, the founders of our nation, chose the Romans' version of the dream instead and established a republic, in which citizens would vote for representatives who would then represent our best interests. Things got distorted along the way. Today we're living in, arguably, the darkest period in our nation's history. The balance of power is off. The United States has too much wealth, too much influence, and too much military might. Too many of our representatives, on both sides of the aisle, have been seduced and bought by evildoers.

We must change the ways in which we wield our power. We have the potential to accomplish great things. We have a choice to make. America is in the grip of a monster of our own creation. Our very own Frankenstein's monster.

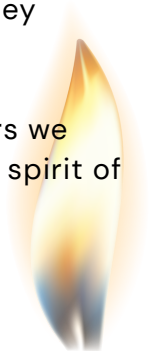
"America, where are you now? Don't you care about your sons and daughters? Don't you know we need you now; we can't fight alone against the monster?" (Steppenwolf).

And I light my purple candle for enlightenment and my green one for healing. I close my eyes, fold my hands and pray. I pray to anyone who might listen. I pray to the farmers, lobstermen, factory workers, cubicle typists, coal miners, educators, scientists, mothers, grandfathers, indigenous, immigrants, northerners, and southerners. I pray to all Americans.

I pray that we look deeply into the heart of our nation and find its goodness. As we approach the midterms and Veteran's Day, I pray to Alex J. and all the deceased officers who tried to lead this war machine with care and caution, and who believed in an evolving Constitution. They understood that war is insanity.

I pray for the deliverance of a nation, and a world, from the appetites of the monsters we inadvertently created. I pray we all think back to the best we ever learned about the spirit of America, that we live the idealism, that we be the hope.

I pray we keep the flame of democracy burning.



NOVEMBER EVENTS

Words & Music OpenMic@ICSG



1st & 3rd Thursdays
November 5 & 19
7-9 pm
Doors open at 6:30 pm

For more information
Contact Don Digirolamo
at dondidge@gmail.com

Performers—please arrive 6:30-6:45 to register
Suggested donation for all attending $5.00

Drummunity Drum Circle w/Lori Fithian



Saturday, November 21
7–8:30 pm

Donations to the
Center are appreciated

Cafe 704 presents Zoey Rebecca

Saturday, November 14, 2026 7–9 pm
Doors open at 6:30 pm

Zoey Rebecca is a 2015 Daytime Emmy nominated singer, songwriter, and musician known for her work in nationally syndicated television shows "Ariel, Zoey, and Eli, Too" and "Steal the Show."



Zoey will perform a two-hour acoustic set with originals, covers, and a few holiday tunes.

Tickets $10.00–$20.00
(sliding scale)
If attending in person, you may pay at the door
If viewing live on Zoom, purchase your ticket at
https://interfaithspirit.org/cafe-704-coffeehouse/

Community Sing with Matt Watroba



Wednesday, November 25
7–8:30 pm

$5–$10 suggested donation

Discover T'ai Chi with Lisa Teets

Sunday, November 29
12:30 pm

No experience necessary—all levels are welcome
Donations appreciated

For more information about these and other events, please go to our website at:
https://interfaithspirit.org