

Living Interfaith Church

Monthly Newsletter

The struggle for justice is perhaps our greatest calling. How we answer that call determines who we are. It is not our race, our religion, our gender, our economic status or our education, but it is how we answer the call to justice that defines us.

April Calendar

Vol. 6 #8 April 2017

April 8th — Service: 10:30
“LGBTQ Brothers and Sisters”

April 13th— Service 6:30 PM
“Passover Seder/Maundy Thursday”

April 22nd—Service 10:30
“Celebrating Easter”

[More Details...See page 2 below](#)



May Calendar

May 13th—Service: 10:30
“Lailat al Bara’a”

May 27th—Service 10:30
“The Ascension of Bahauallah”

Sermon Podcasts

LivingInterfaith.Podbean.com

Interfaith Q & A

If you have an Interfaith question of general interest, e-mail us your question at Livinginterfaith@frontier.com.

“Staying Sane While Staying Engaged: A Mental and Spiritual High Wire Act”

[More Details ...See page 3 below](#)

Special Thursday Service

Passover/Maundy Thursday

Thursday, April 13th 6:30

Living Interfaith will be combining with our host church Good Shepherd for a special Passover Seder/Maundy Thursday observation. All are welcome, though as the Seder includes a Passover dinner, we need folks to sign up.

(LivingInterfaith@frontier.com)

In celebrating the first time in recorded history that a people walked away from slavery to freedom, we'll be celebrating the right of all of humanity to be free. After the Jewish Seder, there will be an honoring of the Last Supper of Jesus, on this holy Thursday before Easter.

April Services

April 8th, “Honoring Our LGBTQ Brothers and Sisters ” ~ Sonj Basha

April 22nd “Celebrating Easter ~ Marie Preftes Arenz

It’s one of those months. Folks haven’t yet gotten back to us with a brief description of the service. So come and be surprised!!!

Living Interfaith

Interfaith Curriculum Part One **Available**

We have made the curriculum available free of charge (when downloaded from our website) to any school, spiritual community or other interested group that is committed to teaching our children not only to respect our diversity but how to be able to talk about it.

In this first month of availability we’ve had four hard copies of the book requested, and 9 copies have been downloaded.

It might best be described as a teacher’s handbook. It walks the reader through how to teach our children about both our common humanity and our diverse spiritual paths and traditions. It provides lesson plans and lists the materials a teacher needs to put together meaningful, respectful classes, including important content.

Such a curriculum has *never* been more needed.

Again, Part One is complete and available. It covers grades 1-3. Our beautiful hard copies are available either by hand delivery (if you live nearby) or for the cost of printing and postage (\$13.00) if you would like the curriculum mailed to you. **Electronic copies ARE NOW AVAILABLE for downloading for free from our website!**

Again, THANK YOU to all who contributed to funding Part Two—grades 4-7! We are hoping to have it available in June of 2018. With your help, in a few years after that we will have an entire curriculum to offer: grades 1-12!

Burrito Rolls Continue

Saturday, April 15th! DON’T sweat your taxes! Come, help roll burritos for the hungry. The roll will take place at first Baptist Church at 1:30 PM and generally lasts 1 1/2 hours.

Not into rolling, or have something to do on Saturday? The fixings for the burritos will be prepared on **Friday April 14th**. And help is also needed in distributing the burritos after the roll.

For further information, or to sign up and get on the e-mail list, please contact our own Rebecca Alder at:

burritoroll1@gmail.com

Interfaith Q & A/Musings

Staying Sane While Staying Engaged: A Mental and Spiritual High Wire Act

I have a good friend, at least I hope he's still a good friend, who appears to have given in to anger and despair. I get e-mail after e-mail from him angrily chronicling how horrible things are and how it's all getting so much worse. He's a thoughtful and deeply caring human being whom I deeply respect. But I don't believe that despair is a healthy answer. Nor does relentless anger seem either helpful or healthy.

Yet there can be no doubting that these are deeply troubling times. It can seem overwhelming for those of us who believe that facts are facts, and that 1 + 1 equals 2, even if "2" seems an inconvenient or "even worse" an unprofitable answer at the moment.

I believe we are called to a mental and spiritual high wire balancing act. I realize that many of us are not thinking of this as a spiritual challenge. But for me, while anger might indeed be seen as a most logical response to being shoved down the rabbit hole with Alice, how we deal with that anger is in large part a spiritual matter. And despair, especially, seems to me a deeply spiritual choice.

If so, then how do we walk the high wire without falling off—particularly when there doesn't seem to be a safety net beneath us? How do we stay engaged and still stay sane? These aren't easy questions. I won't pretend that I have "the answer". But I would like to offer some thoughts that might be worth considering.

First, hiding from the news, ignoring what is happening and simply "getting on" with our lives (aka, the ostrich solution), doesn't seem to me a healthy answer. If we believe in our common humanity, then even if we personally are somehow able to keep on keeping on, so many of our brothers and sisters don't have that luxury. We mustn't desert them.

But so much is happening, and it is happening so quickly! How can we possibly stay engaged and not go crazy? I can only suggest a few practices that have helped me to cope (NOT that I haven't been hugely depressed at times, but mostly it has really helped).

I've picked three organizations I know and believe in that focus on three areas I believe deeply important. Three isn't a magic number. I can afford to support more than two but can't really afford four, so I picked three. I send all three a donation every month. Whether we choose to support one organization or two or four, I would urge us all to do what we can.

One great help to me is that I trust these organizations to stay on top of their issues even though I can't, and frankly won't be able to if I want to stay sane.

Meanwhile, I remain deeply immersed in a few issues that I **can** keep up with and focus on—as well as remembering from time to time to take days off and "just" enjoy life. This is my way of staying engaged and keeping my balance. I can't do everything. But I can do something. And it is my spiritual as well as moral obligation to stay engaged, even as I acknowledge my limitations.

I wish us all success at keeping our lives in balance.

Your Ongoing Support is Appreciated!

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Support Living Interfaith

Our church expenses are not huge, but we do have them. We have begun another ambitious year, but thanks to your help we remain in an excellent position to accomplish our goals.

Any and all contributions are welcome and very much appreciated. For those who might want to use a credit card to help support us, by going to our web page www.livinginterfaith.org and clicking the donate button, a safe contribution may be made through PayPal.

If you prefer not to use the web, checks are also welcome. They should be made out to "Living Interfaith Church" and sent to PO Box 2352, Lynnwood, Washington 98036. And yes, Living Interfaith is a 501 (c)(3) organization. Your donations are tax deductible.

If you are contributing to the Education Project, please put "Education" in the memo section of your check, or on PayPal.

As with Part One, any contributions made to the Education Project that aren't needed for Part Two will be used as our floor when we begin to raise funds for Part Three.

THANK YOU!!

