

Living Interfaith Church

Monthly Newsletter

If we would honor Jesus at Christmas, let us feed the hungry. If we would honor the Maccabees at Chanukah, let us stand against Islamophobia. We sink or swim together. Swimming is healthier.

December Calendar

Vol. 8 #3 December 2017

December 9th — Service: 10:30
"Advent: What Are We Waiting For?"

December 16 — Service 10:30
"Chanukah, Spiritual Freedom and Holy Days"

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



January Calendar

January 13th — Service: 10:30
"MLK Day: The Work of Embracing Our Common Humanity"

January 27th — Service: 10:30
"My Path to Interfaith"

Sermon Podcasts

LivingInterfaith.Podbean.com

I'm behind. I know it.

Interfaith Q & A

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

"Dealing with Compassion Overload"

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

A SMIDGE OF MULTI-TASKING

A couple of things to note this month.

First, our services are the second and *third* Saturday this month. That's the 9th and then the 16th of December. We do this with intention each year as our host church has a multitude of activities around Christmas weekend and we want to respect that.

Second, because we are meeting on the third Saturday, our service will be the same Saturday as the burrito roll. BUT we can do both! The service will (of course) be in the morning, at 10:30, and the burrito roll will be at 1:45. So even though it's in Seattle, there's plenty of time.

See you!

December Services

December 9th “Advent: What Are We Waiting For?” - Advent is a time of preparation and reflection, but what are we preparing for? Marie Preftes Arenz will lead us as we put aside the wrapping paper and tree trimmings to explore this important time in the Christian calendar.

December 16th “Chanukah, Spiritual Freedom and Holy Days” - We'll observe the need for all of us to be free to walk the spiritual path of our choice, as well as ponder how fixated we can become with ritual. If fate prevents us from celebrating a holy day on the prescribed date ... should we bag it?

Living Interfaith At Work in the Community

We Collect Not Only for the Food Bank But Also the Cold Weather Shelter Every Service

A friendly reminder that we have boxes at the bank of the sanctuary at every service. We hope to fill them with food for our local Food Bank. We seek non-perishable food. After every service the food we have collected is taken to the Lynnwood Food Bank for distribution to those who need our help.

Let us please remember that many too many of our brothers and sisters simply don't have enough money for food.

We also collect pet food as well, as families that find themselves without enough food for their own tables probably don't have enough for their pets. Let us please remember that none of us can know when we might suddenly be out of a job ... or a family emergency may arise.

Now that the weather is turning, we also collect for our local cold weather shelter. Gloves, sox, knit caps are all needed. And if you have a blanket you don't need, please wash it and then donate. Anything you can donate to help keep our brothers and sisters warm will be deeply appreciated.

Burrito Rolls Continue!

Saturday, December 16th! The roll will take place at first Baptist Church at 1:45 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 **Thursday, December 14th and Friday December 15th**. 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

Dealing with Compassion Overload

It seems like one thing after another...after another. Children are starving in Syria and Yemen. The Rohingya continue to face ethnic cleansing. Puerto Rico is struggling for clean water and even minimal electric power. Neo-Nazi hate-groups are growing and marching, in Charlottesville as well as in the UK, France, and Germany. Mass shootings have become commonplace in the United States. The gap between rich and poor is not only growing but rapidly picking up speed worldwide. What to do???

If you have donated to any charity or justice cause, then you have gotten on “the list” and have likely been inundated with appeals from causes that need help. Yes, there are scams out there, but there are so many real and important causes that are in desperate need. So again, what do we do?

At some point, we may well reach “compassion overload” and simply want to hide under the covers. At such times, let us remember we are not alone.

The ancient Greeks gifted us the story of Pandora, who opened the box that had imprisoned all the things that plague us ... famine, bigotry, war ... and set them loose on the world. But fortunately, she slammed the box shut in time to save one thing for humanity. Hope

Now it’s true, as the philosopher Sir Francis Bacon put it, “Hope is a good breakfast, but it is a bad supper.” So hope isn’t where we want to stop, but hope is a good place to start.

Starting with hope, we can remember the words of Rev. Edward Everett Hale (though be warned that last half of the quotation can vary a bit in the wording depending on where one finds it),

I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.

This is a subject we’ve talked about before. But it bears repeating as these are truly trying times.

May we work to avoid being frustrated with what we cannot do. Let us be determined to do what we can.

And since I seem to be on a quoting roll — to paraphrase Sir Winston Churchill: Never lose heart. Never, never, never!

Let’s close with a quote from one of my favorite poets: Rumi.

You suppose you are the trouble,
But you are the cure.
You suppose that you are the lock on the door,
But you are the key that opens it.
It’s too bad that you want to be someone else,
That you don’t see your own face, your own beauty.
Yet no face is more beautiful than yours.

May we unlock those doors!

May we do what we can.

And may we remember that while each of us an important “one”, when we come together and stand together we become an important many.

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Support Living Interfaith

Our church expenses are not huge, but we do have them. We are in the midst of an ambitious year, but with your help we will 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.

THANK YOU!!

