

# FELLOWSHIP VOYAGES

VOLUME 12, NUMBER 1 • MARCH-APRIL, 2008

## The Fellowship's New Website Is Ready for Prime Time!

By Cindy Zuker

**F**ellowship for Today's new website is ready for visitors!

The site will provide news about all happenings and concerns regarding the Fellowship, offering up-to-date information on:

**Sunday Services** — Speakers, musicians, special events.

**Classes** — Tuesday night classes, post-service workshops, etc.

**Workshops** — Find out about upcoming visitors.

**Resources** — Hands of Love, Dial-A-Miracle, Bookstore, Library, Prayer Connection, etc.

**Groups** — *A Course in Miracles* study groups, Affinity Groups.

**Links** — Connect to websites for *A Course in Miracles*, The International New Thought Alliance, Colin Tipping, Gary Renard and other New Thought teachers.

Another important aspect of the web that it explains "who we are." It tells our guiding principles and offers ways to become involved and serve, providing inspirational thoughts and messages under a beautiful sunrise banner. If your friends ask you about the Fellowship and you are at a loss for words, suggest that they visit us at [www.fellowshipfortoday.org](http://www.fellowshipfortoday.org).

Encouraged by the Steering Committee, Website Committee members Brad Miller, Denise Wootton, Mary Flynn and Cindy Zuker began planning the site months ago, and have been able to communicate their intention with service provider Ideal Solutions. This has involved

learning new software, organizing ideas and gathering information, and posting information and photos in a prioritized way. (Whew! In this case, many cooks have made a very good stew....with enough ideas to share and spare!)

Please note: You will still receive your weekly e-announcements and bi-monthly *Voyages* newsletter, but you will also find much of that information on the website. Keep

in mind that the site is a work-in-progress, and our goal is to continue at a reliable pace to make it comfortably functional and useful.

Currently, all information that appears on the website will funnel through the Fellowship office to keep it up-to-date and consistent. We value your input! So please, give us your feedback (by using the "Contact Us" button) as we continue to refine our new e-community. ■

A New Thought Spiritual Community Honoring the Divine in Everyone!

## Fellowship For Today

(517) 337-4070  
855 Grove Street  
East Lansing, MI 48823  
info@fellowshipfortoday.org  
Sunday Service: 5:30 p.m.

**Navigation**

- About Us
- Fellowship Resources
- Getting Involved
- Links
- Newcomers
- School of Ministry
- Upcoming Events
- A Looking Glass Sanctuary
- Contact Us

**Welcome to the Fellowship**

Welcome! We are glad you found us. Fellowship For Today is a welcoming, accepting spiritual community for people who may not necessarily like "church" in the traditional sense, but want to share their spiritual journey. It's a place of laughter, applause and sharing and celebrates the truth principles of unconditional love, trust, peace, compassion and joy.

This is a new website, and our goal is to enrich your spiritual journey by keeping you regularly informed and up-to-date with Fellowship happenings and resources. Please visit often!

Our primary service is Sunday evening from 5:30 to 6:30 p.m. with social time directly following. We meet in the assembly hall at the Unitarian Universalist Church, 855 Grove Street, East Lansing, Michigan. Our office is on the second floor of the same building. Reach us at (517) 337-4070 or [info@fellowshipfortoday.org](mailto:info@fellowshipfortoday.org).

**Announcements**

Wednesday, January 30, 2008  
*Voyages* Newsletter (Jan./Feb.)

Announcements are published weekly on Wednesday. If you have something that you'd like to share, send it to [info@fellowshipfortoday.org](mailto:info@fellowshipfortoday.org) by Tuesday evening. Please provide all the who, what, when, where, why and how.

To Contact Us: (517) 337-4070

- \* Prayer Connections, Ext. 1
- \* Fellowship School of Ministry, Ext. 2
- \* Pastoral Care, Ext. 2
- \* Dial-A-Miracle, Ext. 3
- \* Fellowship Office, Ext. 4

**Fellowship Happenings**

Event	Start
"Livin' It" (continued) - Rev. Beth Meentz	Sun, 02/03/2008 - 5:30pm
"Opening to the Oneness Blessing" - Diana Mitchell	Sun, 02/10/2008 - 5:30pm
"Dave's Big Adventure" - Dave Dubac	Sun, 02/10/2008 - 7:00pm
"Living a Life of Freedom" - Rev. Paula Lawrence	Sun, 02/17/2008 - 5:30pm

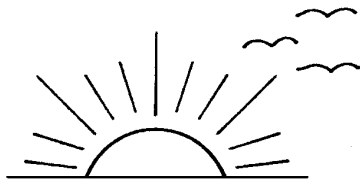
January 2008

Calendar grid showing days of the week and dates.

Username: \*  
Password: \*

[Create new account](#)  
[Request new password](#)

Fellowship for Today, 855 Grove St., East Lansing, MI 48823 - (517) 337-4070 - [info@fellowshipfortoday.org](mailto:info@fellowshipfortoday.org)



# FELLOWSHIP FOR TODAY

## Honoring All Spiritual Paths — Recognizing the Divine in Everyone

855 Grove Street  
E. Lansing, MI 48823  
phone: 517-337-4070  
e-mail: fellowship@acd.net  
web site: fellowshipfortoday.org

### SUNDAY SERVICE

5:30 p.m. meeting at the Unitarian Universalist Church building, corner of Library & Grove Streets, East Lansing, Michigan

## Fellowship Team

Karen Arndorfer, Minister  
332-3490  
transpath@sbcglobal.net

Brad Miller, Office and Communications Coordinator  
337-4964  
fellowship@acd.net

Janet Skole, Administrative Facilitator  
381-2667  
jawskole@hotmail.com

### STEERING COMMITTEE

- Karen Arndorfer ..... 332-3490
- Sandy Dykins ..... 336-4262
- Mary Flynn ..... 886-4809
- Julia Freije..... 336-5988
- Mark Mandenberg ..... 337-9323
- Diana Mitchell..... 655-3749
- Phyllis Nix ..... 886-0693
- Leo Siefert ..... 482-1461
- Blair Webster ..... 668-3726
- Denise Wootton ..... 651-2145

# Crucifixion, Redemption, & Resurrection

**E**aster is close at hand, which means that spring — a time of change and transformation — is on its way. When I think of Easter, three symbolic messages come to mind: Crucifixion, Redemption, and Resurrection.



Of course, there is that big boulder blocking the exit. How do we remove the rock? Symbolically, it is removed each time we get past the judgment, fear, guilt, and lack consciousness — each time we choose Love.

How do we use a metaphysical/ New Thought approach to apply these terms to our lives?

The **Crucifixion**, represented by thorns, is a symbol of how we crucify ourselves, believing we have to suffer to be worthy. Our judgment, fear, guilt and shame require us to react “as if” we are being crucified; yet this is merely a projection, a symbol of the ego. We constantly project this condemnation onto others.

*“Crucifixion is always the ego’s aim.”*  
*A Course in Miracles*

We’ve all had crucifixion experiences, challenges that come into our lives. They provide an opportunity to learn and grow. But the truth is we were never crucified by anyone. We can overcome the cross because there really are no crosses to bear.

The **Redemption** is represented by the tomb and boulder. We spend most of our time here. It is the “in between” place, the place of decisions. If we stay here, we will not see the light and never experience the resurrection. This is where we become aware that we have choices. We can choose again. We can clean up our thinking and choose “right minded thoughts.” Here, we have the opportunity to face our challenges and be transformed through them. This can also be looked at as a time of re-awakening, of letting go of the past and awakening to the present.

*“Each day, each hour and minute, even every second, you are constantly deciding between the crucifixion and the resurrection, between the ego and the Holy Spirit.”*

*A Course in Miracles*

Finally, the **Resurrection** is symbolized by lilies, the bloom of purity. We return to the knowledge of what we really are — a beautiful child of God. We keep choosing Love and let our happy thoughts multiply like rabbits. It is a time of rebirth, being born again in each moment and feeling our freedom, our limitlessness. At any moment, we can have a resurrection experience by focusing on the power and presence within us.

*“Redemption and resurrection are neither words nor objects of belief. They are our daily practice. We practice in such a way that Buddha is born every moment of our daily life, that Jesus Christ is born every moment of our daily life.”*  
*Thich Nhat Hanh*

Let the Easter story remind us of our ability to make a different choice, to roll back the rock, to free ourselves from the darkness of our ego minds and to embrace the light of who we are, to choose Love. ■

*Karen Arndorfer, Minister*

## FELLOWSHIP VOYAGES

*...is an inspirational newsletter by and for Fellowship members and friends.*

Copy Editor, Janet Skole, 381-2667  
jawskole@hotmail.com  
Layout Editor, Jane Zussman

**NEXT VOYAGES DEADLINE:**  
MARCH 21 FOR MAY-JUNE ISSUE (3RD FRIDAY OF ODD-NUMBERED MONTHS)

For current events and time-sensitive news, see **FELLOWSHIP ANNOUNCEMENTS**, distributed via e-mail each Wednesday. To be added to this list, send your request to [fellowship@acd.net](mailto:fellowship@acd.net)

# There's Something Special Happening Here

**W**hen I was asked in 2006 to join the Fellowship's Steering Committee, little did I know what a positive experience it would be. The sharing of knowledge, compassion and camaraderie has enriched my life and increased my understanding of the Fellowship's special environment.

We are blessed to be connected to our larger community's positive activities and organizations. Many varied, spiritual, meditation, healing, and alternative-medicine centers have developed in the Lansing area over the last decade. Manifesting out of a unifying force that wants to express all aspects of the Divine, they work together in a unique, combined way to raise the consciousness of this particular area, helping us radiate a particular love and compassion to the world.

Here are just some of the agents of change I've noticed:

## **Peace and Conflict Resolution**

- The Peace Alliance – Active local branch of the national organization, facilitating conflict resolution and creating a U.S. Department of Peace.
- The Michigan Peace Team – Local group promotes non-violent resolution to conflict

## **Meditation Techniques**

- Ancient Ayurvedic Meditation – Taught by Michael McPeak in Dewitt.
- Divine Heart Meditation – Taught by Hasmukh Patel in Okemos.
- Pure Meditation – At the Self Realization Meditation Healing Centre in Bath.
- Yogic Meditation – Taught by Lorne Dekun, Ananda Michigan

## **Spiritual Centers**

- Several Buddhist centers – Including Dhammasala Forest Monastery in Perry
- Bharatiya Hindu Temple in Haslett, undergoing expansion.



- Native American connections to numerous different tribal communities.

## **Alternative Healing and Wellness**

- Oneness Blessing givers – 3 people from the Fellowship recently completed a 21-day training in India.
- *A Course in Miracles* study groups – 3 in the Lansing area are associated with the Fellowship.
- Institute for Bioenergy Studies – Offers alternative healing, group meditation, esoteric healing and classes, Reiki, reflexology, transformational hypnotherapy healing, and classes and workshops.
- Center for Humanities at Sparrow Hospital – New meditation, yoga, and alternative health center.
- Creative Wellness – Alternative healing modalities, including acupuncture, ayurvedic medicine, cleansing techniques and massage therapy.
- Affinity Groups – Based on the work of Paul Ferrini, these support clusters encourage honesty, unconditional acceptance and love.
- Polarity Therapy – Energy-balancing for the physical and etheric human body.
- Ele's Place – Bereavement support for children and their families.

## **Community Support, Shelter and Food**

- City Rescue Mission – Daily meals and limited shelter for homeless.

- Lansing Food Bank – Food to the homeless and needy.
- Salvation Army – On-site soup kitchen; also provides clothing, household items and other necessities.
- Angel House – Interim foster care for children.
- Eve's House – Shelter for battered women

## **Educational Opportunities – Worldwide Connections**

- Michigan State University brings students and their native cultures to Lansing from around the world. Global research and learning opportunities.
- Lansing Community College, expanding its reach, facilitates foreign exchange with students from other countries. Programs in health care and new technologies.

## **Seat of State Government**

- Hosts diverse culture and communities of district representatives from all over the state. Home of diverse agencies regulating the treasury, roads, bridges and highways, environmental and natural resource protection.

Although incomplete, this list has many associations with the Fellowship, illustrating that we are essential to the growth and diversity of these many healing, helping and educational opportunities. Together, we make a tremendous difference in advancing spirituality and higher consciousness for all of mankind. There's something special happening here! ■

# Judgment: Nailing Others



By Matt Bliton

In *The Healing Power of Kindness: Releasing Judgment*, Ken Wapnick asks us to consider a time when we judged and to think about how it worked out.

## My Judgment

In college, I was in a folky rock band. (Actually, a band that small is almost always called a duo.) It was great to be an active musician in a college town, and I have good memories. I called my band mate “Dried Fish” (his name; John Dryfuss) and he called me “Potato Blight,” which, in some circles, turned into “Mr. Potato.”

Those were happy times.

However, I also have one bad memory involving John.

One day, he invited the best harmonica player in my known universe to sit in with us at our next gig. As we were walking two miles to a favored pizza shop, I discussed my position with John about that invitation. As the duo’s harmonica player, I thought I might not look so good by comparison. But I wasn’t able to say, “Were you considering my intense insecurity and pervasive sense of lack when you invited Richard to sit in with us?” or even, “Hey, I feel slighted.”

My part of the discussion was to try, for a half hour, to make my friend admit he was wrong for inviting some other guy without consulting me. John didn’t like my approach to discussing my feelings or the way I was offering him an opportunity to confess his crimes.

## My Crucifixion?

One day as I read *A Course in Miracles* I came upon the term “the crucified” at the end of Chapter 19, which is called “The Attainment of Peace.” The *Course* discusses Jesus’ crucifixion differently from the way I was taught. With the use of the term “the crucified,” the chapter emphasized that when I judge another, I am acting as judge, jury and executioner.

I thought of how my power-driven argument with John a quarter-century

before involved me “nailing” him with point after point until, I thought, he had no recourse but to agree with me that he was wrong and I was right. Instead, when we got to the pizza shop, he said he wasn’t hungry and left. I was certain I was right. We have not played music together or even engaged in a conversation since.

## Who's to Judge?

In his excellent discussion of how to respond to those in pain, Wapnick points to a *Course* passage about judgment:

“In order to judge anything rightly, one would have to be fully aware of an inconceivably wide range of things, past, present and to come... And one would have to be certain there is no distortion in his perception, so that his judgment would be wholly fair to everyone on whom it rests now and in the future. Who is in a position to do this? Who except in grandiose fantasies would claim this for himself? (Manual, 10.III.3:3, 6-7.)

It is hard to read this passage without thinking of experiences like the one I had with my friend. The *Course*, stressing that everyone has similar experiences with similar sorts of results, offers a solution: “You have no idea of the tremendous release and deep peace that comes from meeting yourself and your brothers totally without judgment.” (Text, 3.VI.3:1). The *Course* also offers a different way of looking at the world where judgment and its consequences are so pervasive.

## New Thought Judgment

In *The Healing Power of Kindness*, Wapnick points to the strange way students of various religions, specifically students of New Thought and, in this case, the *Course*, often treat fellow students experiencing pain or ill health. He offers several circumstances in which we blame the individual for the physical malady and imply or state that the person who is ill somehow deserves that suffering due to misapplication of *Course* principles. The sentiment, common in other “spiritual” communities, might boil down to something pithy like: If you were more righteous (like me), you wouldn’t be suffering.

This blaming the victim reminds me of a quote attributed to Hitler. As he looked out over suffering concentration camp inmates, he said, "They must be bad people to have made me so mad at them." One can almost feel the insanity of this justification, this most twisted logic. I suspect, however, that I was using this same logic with my band mate: "Since I feel bad, you must have done something wrong. You should feel guilty and apologize."

### Recognizing the Connection

This brings to mind the story of Jesus' crucifixion. Bystanders were reported to have jeered and told him that since he was on the cross, he must not be as close to God as he thought.

I am uncomfortable thinking about the crucifixion, except when I remember that the suffering that the *Course* confronts is not physical suffering but, very specifically, the suffering that comes from fear.

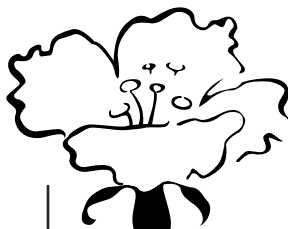
The atonement (at-one-ment) the *Course* teaches is not about relieving guilt. It is about recognizing the connection with all things. If I am connected, then what can I fear? If I am not connected, how can I feel safe? Suffering comes from fear, specifically fear that stems from the misperception of separation.

In *The Healing Power of Kindness*, Wapnick stresses that a "teacher of God" is someone who sees that another person is suffering and is mindful in response to that suffering. Wapnick stresses that, even in *A Course in Miracles* study groups, when we see the suffering of others, we make judgments and add to the individual's sense of guilt and separation.

In common jargon, the phrase "nailing someone" means judging accurately, communicating that judgment, and possibly ruthlessly punishing the offender (even in "spiritual" circles). The "nailer" feels justified, but I assume that the habit of judgment is related to a projected need to be perfect or risk feeling dangerously vulnerable. This sense of vulnerability may keep one well practiced with one's hammer and nails. The judgment also keeps one in fear, i.e., suffering. ■

*"The atonement the Course teaches is not about relieving guilt. It is about recognizing connection to all things. If I am connected, then what can I fear?"*

Matt Bliton



### DIAL-A-MIRACLE MESSAGE:

**Call Dial-a-Miracle any time at 337-4070 for the daily lesson from *A Course in Miracles* and for an inspirational message**

Gratitude as a discipline involves a conscious choice. I can choose to be grateful even when my emotions and feelings are steeped in hurt and resentment. I can choose to be grateful when I am criticized, even when my heart responds in bitterness... I can choose to listen to the voices that forgive and to look at the faces that smile, even while I hear words of revenge and see grimaces of hatred. The choice for gratitude rarely comes without some real effort. But each time I make it, the next choice is a little easier, a little freer, a little less self-conscious... There is an Estonian proverb that says: "Who does not thank for little will not thank for much." Acts of gratitude make one grateful because, step-by-step, they reveal that all is grace.

Henri Nouwen

# Getting to Know You – Shelly Page



The oldest of four children, I was born in Port Angeles, Washington. I moved around a lot as a child and lived in four states before my family finally settled in Okemos when I was in the eighth grade.

When I was 12, my mom had a religious experience and became “born again.” Her experience was followed by our family’s introduction to a very rigid religious practice and ideology. Church became a regular part of my family’s life. It was there that I learned how sinful I was.

Thank God Jesus paid the price for me, because I sure didn’t want to go to that hell that the pastor talked incessantly about.

My mom also talked a lot about sin and the avoidance of it — reinforcing the doctrine I heard in church. She told me I needed to be selfless and giving and holy. She seemed to emulate these qualities, and I wondered why I couldn’t be more like her. I thought there was something wrong with me and that I was intrinsically “bad.” I know now that selfish and self-centered behaviors are normal aspects of adolescent development; but at the time I thought I was flawed to the core.

After graduating from high school, I attended Michigan State University. It felt good to finally be independent, and I gave up trying to be what I thought God wanted me to be because I knew I would never be able to measure up to His standards.

Having led a pretty sheltered childhood, I was excited about all the independence that college life afforded me. I did a lot of partying, and by the middle of my third year, my grades evidenced this. I dropped out of college and decided I needed a change of scenery, so I moved to Nevada and got married.

I soon returned to my childhood faith, but upped the ante a little: I became a “holy roller.” We raised our hands and danced before the Lord, cast out demons and talked in tongues. I selflessly devoted my life

to God and finally found a way to purge myself from all of my inherent badness and sinfulness. This worked for awhile, but the marriage and the faith faltered after 10 years.

Now an agnostic, I returned to my partying behavior and also went back to school and graduated from the University of Nevada, Reno, with a bachelor’s degree in psychology. I started a graduate program, but dropped out after a few weeks because of my instability. I won’t bore you with the details of the couple of years preceding my move back to Michigan, but I have now been here 5 ½ years.

When I arrived, still an agnostic, I found refuge in a 12-step recovery group and my life changed in more ways than one. I began to hear about a Higher Power who could possess the qualities I wanted to ascribe to Him or Her. It was comforting and wonderful to be able to believe in something or someone that loved me unconditionally and accepted me the way I was. Through this introduction to a Higher Power, I began to search spiritually. I was introduced to Marianne Williamson’s book, *A Return to Love*, in which she made several references to another book, *A Course in Miracles*. I had a difficult time understanding the Course on my own, so I sought a church where I could study it. That is how I found Fellowship for Today 3 ½ years ago.

I finally felt at home when I arrived at the Fellowship. Here, I encountered people who were all on a spiritual journey, who didn’t seem to have the corner on “the right path.” Here, I found people who respected and embraced each other’s differences and unique spiritual journeys. Most amazingly, I discovered a community whose common purpose was to grow spiritually and to practice love and forgiveness.

A lot has happened since my crisis of faith in Nevada. I am now three months away from graduating from MSU with a master’s degree in social work. I am excited about the possibility of impacting people’s lives as the result of the experiences, strength, and hope I have gained from my own unique path. I have no idea what the future holds for me; but I do know that my Source does, and I rest assured in that. ■

# My Concept of God

By Christopher Peters

When I was asked to share my thoughts about my concept of God, I right away said, "Sure." Little did I realize that it's a tough assignment to put such an abstract concept into words. I asked one of my spiritual mentors for ideas, and it was suggested that I start from the beginning of my voyage.

I was raised in a Southern Baptist church, which is my mother's preferred choice of worship. I knew the books of the Bible, in order, by age five. I also started traveling during the summer with a revival tent show and I was dubbed "the boy with the voice from God." I could belt out earnest pleas for people to "give their lives to Jesus." Apparently, I was also a "moneymaker." Whenever I sang before the offering plates were passed, the receipts were healthier. Religion as a business – what a concept!

My first notion of God was "The Man" who fathered Jesus, who died for our sins. God would reward my good works by letting me go to heaven; and if I was a bad boy, I would end up in hell. Talk about not feeling secure as a child!

My father was, by his own admission, a beatnik philosopher who encouraged us to respect our mother's religion, but also reminded us of his philosophy, which was "whatever gets you up the ladder." Little did I know then how well that phrase would play into my early searching.

In my early teens, I met my friend Jim, who eventually converted to Buddhism and went to live for a year in an ashram. He adopted the name Moksha, and was an early teacher for me in my quest for spirituality. He introduced me to Bob and Antoinette, who ran an antique store, cum conversational parlor. There, I learned that there are many paths to the Divine. That is also where I learned to recognize my ability to see auras - Antoinette worked with me to relax and experience this blessing of Spirit. I met people who were searching via Reiki, Buddhism, Hinduism, Non-theism, and Taoism, among other pathways. It was a true revelation for me that there really were many ways to "get up the ladder."

I spent my early adulthood exploring all

sorts of ways to connect to the Divine. I was fortunate to have worked with several shamans. I've been trance-channeled, have had my fortunes read by psychics and palmists, and have traveled a host of unusual pathways.

About ten years ago, I was gravely ill and my neighbor Carrie wanted to take me to a Quaker Meeting for Healing. I didn't know much about Quakers at the time, but I was willing to try anything in my quest for wellness. I instantly knew that this was *my* ladder.

I was warmed by the fact that the Religious Society of Friends (Quakers) do not follow a creed; I am free to connect with the Divine Light in any manner I choose. I learned how to "center down" and still my thoughts and listen expectantly. In worship, when led by Spirit, we are encouraged to offer vocal testimony of Spirit speaking to us, which is how we minister to one another in our un-programmed worship.

In another exploration, I also learned the practice of Chi-Lel Qigong, a Chinese based medicine-less philosophy, by which Chi (life energy) is redistributed through the body with a sequence of postures. Chi practitioners worldwide gather at 9 p.m. EST on the full moon to form a loving circle of Chi around the globe. This practice keeps me close to the life-energy that is so precious to me.

So, my concept of God is vast and varied. Sometimes I visualize God as a bright, warm light. Sometimes I see God as a Rubenesque woman who smells like lavender. Sometimes God appears to me in a child's face, as a wizened elf, and as a flowing river of knowledge. It all depends on what my needs might be at the time. When I am scared, God is a protector, when I am hurt, a powerful comforter. When I am seeking understanding, God is a wise professor; and when I am happy – God is. God is love. Love is God. ■



# Spiritual Healing: An Inner Revelation

By Doug Kelshaw

*“Health is a part of life and is self-revealing. You cannot cause wealth or affirm it. It is already here...”*

In June of 2003 I had the first of three heart attacks that would occur in the space of two and a half years. My doctors found a tumor on an adrenal gland, and while I was at work one day in Jackson, I was run over by a mini van. My father passed, and then in 2006, after my last heart attack, I lost my job and medical benefits. My weight went from 200 to 300 pounds, my lungs were filling up with fluid because my kidneys became weak, and my right knee deteriorated under the stress. Medical bills piled up, my car broke down, and I went through \$40,000 dollars in a year.

My doctors stood there shaking their heads. “Try a cardiac diet.” I was raised on a cardiac diet because my father was a heart patient. So 90 percent of the time I ate veggies, fat-free proteins, no salt, no sugar, etc. “Try more exercise.” I had black belts in two different martial arts. “Try to relax.” I had practiced Zen meditation since 1987 and was even teaching it at a local monastery for English speaking students. “Well then, it’s probably just genetics. We’ll have to do bariatric surgery.” This is contra-indicated for people with a history or heart attacks. I refused.

I tried affirmations:

*“God is the creative energy behind all form. Blah blah blah blah blah.”*

*“There is no order of difficulty in miracles.”*

Hmmm....nothing. Books, principles, philosophical convictions. Blood pressure still high, business failing, bank account running on fumes. I looked up and asked “Okay, so what is it?” Hmm...still nothing.

One day, my youngest sister called to tell me my mom was diagnosed with stage IV cancer in the stomach, pancreas and esophagus. She was 5 feet tall and weighed 90 pounds, and the oncologist said that the side effects of the first dose of chemotherapy would be hard enough to cause a violent death at best, so the consensus was not to treat. Mom went into hospice and within six weeks she rolled up into the fetal position and stared at the wall without blinking. When

I tried to talk to her, she turned away, seemingly wanting not to be bothered in the last days of her life. I was told that this is common behavior for people in her position, so I honored it and sat holding her hand. For three days, she lay still, not saying anything.

I have a telephone next to my bed and another one on the first floor and on the opposite side of my house, and I keep the ringer off on the upstairs line. On June 18, 2003, I woke out of a sound sleep at about 3 am and felt wide awake. I said, “Oh, now what?” Then I heard the faint ring of the phone downstairs, which would have kept ringing if I were asleep. Hospice was on the line. “Mr. Kelshaw, it’s time. Your mom is getting ready to go.” When I got to St. Lawrence Hospice, the lights in her room were dim and my sister came in behind me. I held my mom’s hand, and after three days of not sound nor movement, she turned to me and smiled, then with a soft scratchy voice, she whispered “They’re here.” Then she turned away and made the transition.

I didn’t return to sleep, and the next morning I went for a walk in Fenner Aboretum before going on to the funeral home. Walking through the woods, I thought through what happened the night before and I felt the summer breeze pass over me and the leaves swished in waves, as if they gave a hush to my thoughts. What came to me was this: *“Life doesn’t come from a book, from a thought, or from the pulpit; Life pours itself forth by virtue of its own nature, not through degrees, authorship, expertise or denomination. Health is a part of Life and is self-revealing. You cannot cause wealth or affirm it. It is already here as an inner revelation of your being.”*

Since then, I have dropped my weight back to 212, returned to work, sold some of my fiction and finished a PBS documentary. These are not rewards for being smart or special, or things that happen to me and not others. They are the Invisible made visible, unfolding the way leaves unfold from a tree or the way life springs forth from the womb. ■

# Helping at the Fellowship

By Vee Nash

I have just started to volunteer at the Fellowship. I have helped in the office, stuffed packets for the Burning Bowl Ceremony and for the *Voyages* newsletter, and have attended Music Committee and Steering Committee meetings.

I prefer the word “helper” to “volunteer.” A synonym for “helper” is “partner.” I like knowing that I am a spiritual partner of the Fellowship for Today. According to the dictionary, a partner is “someone who is involved in an activity with somebody else.” Another more obscure meaning is a “supporting timber on a ship.” It is one of the timbers underneath the deck used to support the mast. These definitions are wonderful metaphors instead of the word “volunteer,” which has some negative connotations for me. For example, the political cause, commercial cause, and name recognition, can all come under the term “volunteer.”

How do I feel about helping? I am proud when I see something I have worked on being used and enjoyed by the congregation.

I am more than free labor. I *choose* my place of work. How many of us ever get the chance to choose our work and or hours? In addition, I am working at a job in a place that makes a difference. I am a valuable, needed person, not just another punch on a time clock.

I can work as little or as often as I like. There is no pressure. I found out that when I cannot help, there are no recriminations. A loving request answered with a refusal does not make any difference in how I am treated.

When I laugh and work with other helpers, I build camaraderie and friendship. Moreover, I get to know the dedicated staff that keeps the place running smoothly. It is a world of difference from a paid gig. When I have helped with the organizational duties that come with a service, it heightens my appreciation of all that has gone into making the service happen.

There is so much more to the Fellowship than sitting in the comfortable chairs on Sunday evening. ■

## So, How Can I Serve?

If you feel called to serve at the Fellowship, but are unsure where or how to start, consider first these two motivating feelings: gratitude and desire.

**Gratitude** — Ask: What do I appreciate about the Fellowship? What aspects of being here do I really value, and in what ways can I offer my talents and services to enhance these things — whether it is the Sunday service, the classes, workshops, the feeling of community, the environment, the music.

Serving with an attitude of gratitude will always bring happy results.

**Desire** — Ask: What do I want from the Fellowship? How can it better serve me? What is missing here that I would like to receive? What would I like my brothers and sisters to receive?

Perhaps this is a calling to provide exactly what it is you feel is missing. Do you want people to feel more warmly received? Join the greeter team and become a person who will welcome newcomers to our services. Do you enjoy the social hour after service? Offer your time to keep the cupboards organized and stocked with supplies. Bring food. Pitch in to clean up. Do you have ideas for moving the Fellowship forward? Offer to serve on the Steering Committee and/or any of its

subcommittees. Would you like to see more young faces? Offer to help with child care.

Desire can also call us to express ourselves individually. Is there a wish to test new or well-honed skills in a public setting? Is there a desire to expand talents or develop new skills in some service capacity? Organizers, artists, technicians, entertainers... there's a place for everyone here.

The universe offers each of us a win-win situation. To feel richly rewarded, we need only to reach out and take hold of an opportunity to give. Here are a few opportunities the Fellowship offers:

**Facilitation** — Workshop planning/staffing  
• Workshop hospitality • Event mailings  
• Voyages mailings • Filing • Data collection/organization • Office cleaning/organizing/recycling.

**Social Hours (After Sunday Service)** — Organize food & cleanup volunteers • Organize & stock cupboards • Update and “beautify” Bulletin Board.

**Ministry Assistance** — Pastoral/Hands of Love visits • Prayer Connection • Children's Fellowship.

Do any of these opportunities appeal to you? If so, take a loving leap and get involved. Enjoy the feeling of belonging that comes from giving from your heart. ■

*“I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.”*

*Albert Schweitzer*

# “Allowing Abundance” Prosperity Group



*“Focus all of your energy on this moment and on living your vision in this moment.”*

*William Frank Diedrich*

**W**hat is prosperity and how do we get (and truly receive) it?

This winter, a small group met on Thursday evenings for eight weeks to broaden their understanding of prosperity principles.

Fellowshipian Bill Diedrich, who has written three books on topics of abundance and spiritual growth, led them in following their inner guidance toward

thoughts and activities that bring joy, and thus, prosperity.

“While the class is about prosperity,” said Denise Wootton, “it helps us look at every area that is not what it should be.”

“The thing that stands out for me,” she said, “was an exercise where we were given a list of things important to us: home, family, spouse, relationship with God, career, financial security...”

We were to rank them in order of importance; then Bill had us do a role-play where we were on a faltering airplane, and we had to successively throw out things to lighten the load and keep us in the air. It was really an eye-opener.

“For some of us, the order of the things we threw away matched what our intellect had picked, and for some of us, the emotional involvement in our choices had us picking things in a completely different order. *Very thought-provoking!*”

Brad Miller was grateful for the opportunity to examine his thoughts. “The class demonstrated the Fellowship’s guiding principles to their fullest extent,” he said. “Taking the limits off our concept of God, reminding us of our own Divinity and our power of choice, teaching that prosperity is not just about money, but an attitude of abundance,” were some of the ideas that were reinforced.

Bill’s life work has evolved over a number of years as he has followed the concepts he teaches others. “I go where I feel interested,”

he said. He had been a teacher, then got a degree in counseling and worked as a therapist. “I promised myself if I lost my enthusiasm, I would quit.” That is what he did.

“I wanted to work with adults, so I got into the corporate world doing training and development,” but employment was not steady. “I got tired of getting laid off,” he said, so he started his own business, teaching leadership development in corporate, healthcare and education environments. There, he helps people focus on their purpose.

Bill said his career enhances his personal growth. “So much of it is a spiritual thing. The more I can undo the ego, the more effective and successful I am... Everything I teach is what I am learning, so it’s not academic to me.”

Here at the Fellowship we know we are blessed to learn from one another. Among us are many, like Bill, committed to acting in accordance with their spiritual principles, and part of their “action” happens to be teaching others.

*All who took this course wholeheartedly recommend it. Another class will begin mid-April. Contact the FFT office if you would like to join.*

## Why Is This Happening to Me — Again!?

**With Rex Montague-Bauer, certified in the work of dr. michael ryce, Saturday, March 15, 12:30 – 4:00 P.M.**

This workshop explores human possibilities using a synthesis of science, naturopathic medicine, psychology and theology rich with insights from the ancient Aramaic language. We will experience the inner principles of Forgiveness, “Response-ability,” Shifting Perception and Personal Empowerment. Learn tools to end recurring life patterns and consciously recreate our lives. Join us and take a huge step in self and planetary transformation!

# Fellowship Happenings

For additional information or to register for any of these workshops or classes, call the Fellowship Office at (517) 337-4964 or e-mail at [fellowship@acd.net](mailto:fellowship@acd.net).

## Film and Theatre Composer David Friedman



David will offer two workshops in March. Known worldwide for his musical scores in Broadway's *Joseph and the Amazing Technicolor Dreamcoat* and many Disney films including *Beauty and the Beast*, *Pocahontas* and *Aladdin*, David has long been a New Thought student and teacher. Fellowshipians have enjoyed his music and workshops at International New Thought Alliance meetings.

**The Thought Exchange Circle**, developed by David, asks participants to examine life events and their thoughts about them — with the opportunity to choose new thoughts to “exchange” for old thoughts, and to experience how simply taking on a new thought affects their lives.

You will learn “how to use this powerful technique to change what is appearing in our lives as easily as putting on a different outfit and seeing the immediate results in the mirror,” David says. *This workshop will be Monday evening, March 31.*

A second workshop, **Finding Your Inner Voice**, applies New Thought principles to singing. As he explains it, “People get up and sing and when a problem or difficulty appears, rather than attacking the problem, we assume that it’s a reflection of our thought. With a simple change of thought, vocal and acting problems disappear.” *Scheduled for Saturday afternoon, March 29.*

*David and his partner, Unity minister Rev. Shawn Moninger, will speak at the Fellowship on Sunday, March 30.*

David’s new book, *The Thought Exchange* and his CD *Listen to My Heart*, will be available for purchase. Individual *Thought Exchange* and music composition consultations can be arranged. Check the FFT website for more information.

## Carol Johnson March 2



This singer-songwriter will speak and perform at our March 2 service.

Carol has been playing guitar and singing since childhood. She has appeared nationally in thousands of schools, festivals, camps,

churches and conferences, and has sung at the Grand Ole Opry. She has been featured with the Grand Rapids Symphony and the Meijer Gardens Summer Family Series. Carol has produced seven recordings and three songbooks of original works. A number of her compositions are in the songbook *Rise Up Singing*, used in local sing-alongs.

## School of Ministry Class: Indigenous Wisdom Traditions

This class will enhance our appreciation for the diversity within primal and indigenous spiritual groups. We will study the distinguishing features and similarities among the many “primitive” spiritual traditions by exploring belief systems, basic principles, rituals and symbolism, including: nature religions, animism, paganism and shamanism represented in Native American, Celtic, African, Australian and other cultures. Their spiritual principles will be compared with those of New Thought.

**Facilitated by Rev. Karen Arndorfer**

**Where: Church Basement Social Hall**

**When: April 1 – May 20**

**Time: Tuesdays, 7 – 9 P.M.**

**Cost: \$ 80 for 8 weeks**

**Open to the public.**

## OUR CALENDAR

### A COURSE IN MIRACLES Study Groups, ongoing:

**Weds., 9:15-10:30 a.m.**

**Everybody Reads  
Bookstore, 2019 East  
Michigan, Lansing**

**Weds., 6-7 p.m., Tomie Raines'  
home, 351-1881**

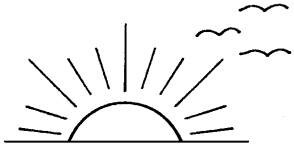
**Thu., 7:30-8:45 p.m., FFT office,  
UU church, upstairs**

### MARCH

- 2 **CAROL JOHNSON**  
*Musician: Carol Johnson*
- 9 **REX MONTAGUE-BAUER**  
*Musicians: Jim Noble and Sandy Izenson*
- 16 **BILL DIEDRICH**  
*Musicians: Matt Bliton and Lucille Olson*
- 23 **(EASTER) REV. KAREN ARNDORFER**  
*Musicians: Colleen Bethea and Sandy Izenson*
- 30 **DAVID FRIEDMAN & REV. SHAWN MONINGER**  
*Following the Service: Famous Last-Sunday Potluck. Bring a dish to share and your own table service. All are welcome!*

### APRIL

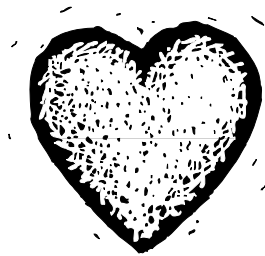
- 6 **DIANA MITCHELL**  
*Musicians: Jim Noble and Doug Austin*
- 13 **REV. BETH MONTEITH**  
*Musicians: Winalee Zeeb and Lucille Olson*
- 20 **SPECIAL MUSICAL SERVICE: SISTRUM**
- 27 **REV. KAREN ARNDORFER**  
*Musicians: Colleen Bethea and Lucille Olson*  
*Following the Service: Famous Last-Sunday Potluck. Bring a dish to share and your own table service. All are welcome!*



FELLOWSHIP  
FOR TODAY  
855 Grove St.  
East Lansing, MI 48823

Address Service Requested

Nonprofit Org.  
U.S. Postage  
PAID  
Lansing, MI  
Permit No. 628



*“Where there is great love,  
there are always miracles.”*

*Willa Cather*