

Loving the Gifts of Growth & Change

As we let go, space is created for the new. What an exciting journey the Fellowship is on — 25 years of developing, growing, changing!

Since our beginning, we have been transforming: moving to, then leaving, the Highland Avenue church, the passing of early Fellowshipians like Norm Plew, Max and Tomie Raines, and now the departure from our home of many years in the Unitarian Church on Grove Street.

Individually and collectively, we keep moving through many exciting and challenging twists, turns, bumps and smooth paths in the outer and inner worlds.

Transformations are inevitable. They are natural, and many times, the best things that can happen for us. Our challenge is to see God's saving presence in every moment and especially in the trying periods of change.

What a blessing to have a community like the Fellowship for Today to help us navigate. How wonderful that it has been around for so long, and is still going strong.

This solid base is a launching pad from which we move into a new era. For 25 years, the Fellowship has continuously reviewed and refined its vision. I believe it has survived and flourished because all of us (Fellowship members and friends) are holding steadfast a joint vision, we are willing to grow, we are open to possibilities, and we appreciate all aspects of the journey. We look for the good and build on it; and, through it all, remember that God/Love is ever present.

The Fellowship for Today's Guiding Principles continue to provide a base for how we individually and collectively live our



FELLOWSHIP FOR TODAY GUIDING PRINCIPLES

- **The essence of our being is Spirit.** We gather together knowing that the Divine/God is Love, and unites us all. We use many forms of spiritual expression to consciously unite us with the Divine.
- The Fellowship for Today recognizes a supreme spiritual Presence, a divine Oneness called by many names.
- **Our thoughts, beliefs and feelings create our experience of the world.** We heal ourselves, each other and the world through our thoughts, prayers and actions.
- **There are many paths to Truth.** We honor all spiritual traditions and find connectedness in all teachings. We interact with all people and aspects of the world from a place of respect, inclusion, acceptance, forgiveness and love.
- **Each person's spiritual journey is unique.** We nurture spiritual, mental, emotional and physical well-being through sharing of our individual journeys in loving community. All are welcome to join the Fellowship family and to retain membership in other spiritual groups.
- **Loving service builds community and reminds us of the Oneness of all.** We manifest Divine Love through mutual support, social action and a commitment to social, political and environmental justice.

lives, make decisions and open to transformation.

In his article, "A Spirituality that Transforms," author Ken Wilbur discusses change and explains its processes of translation and transformation (familiar to us as we practice our Guiding Principles.) In translation, he says, the self is given a new way to think or feel about the world, a new belief (such as forgiveness instead of blame.) We translate our world and ourselves in terms of this new idea, alleviating or diminishing the fear in our "separate selves." As we transform, the internal self is looked at and released, because we understand that the individual, separate self is not important, and that we are One with all.

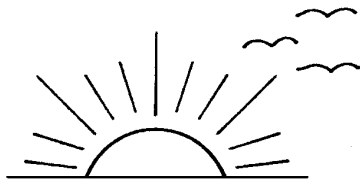
The Fellowship and our Guiding Principles keep helping us to choose differently: to choose acceptance over resistance, love over fear, wholeness rather than separation. They remind us that Change is constant with the exception of the one thing that is everlasting: God's Love!

Our Fellowship family's persistent faith in good (God) reveals good (God) always!

And, so it is!

Namaste, dear family,

Karen Arndorfer, Minister



FELLOWSHIP FOR TODAY

Honoring All Spiritual Paths — Recognizing the Divine in Everyone

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25th Anniversary Wishes

By Edyne Decker

Since Allen and I cannot be in Michigan to celebrate this momentous occasion with you, I'm writing to send our good wishes and congratulations on your 25th Anniversary.

Twenty-five years ago I was a traveling minister offering lectures and workshops across the country. Back then the Fellowship was a group of dedicated individuals who hosted a different guest speaker each week. I was invited to speak for the first time in 1985. I immediately responded to the positive energy, the lively music, and the enthusiasm of those attending. It was extraordinary – and it was then that I fell in love with the FFT.

A year later I was honored to become the first minister. At first, I was invited for a month's stay. Then, there were many interviews and meetings. We discussed topics that are still important today: the responsibility of our role in the community, how a minister provides continuity and direction, and the importance of connection to a spiritual family. At that time, the Fellowship already offered Sunday lessons, workshops and weekly meetings to share spiritual insights. We then began to offer private counseling, hospital visits, weddings and funeral services, and parties. Later, we created by-laws and a membership to enhance our outreach as a non-profit organization.

We acknowledged and marveled at the powerful, creative energy that occurs when like-minded people work together to accomplish goals. Our spiritual principles helped us to move outside of self-designated boundaries and to reach for more of whatever we agreed was valuable and life enhancing. That desire for consistent growth has continued non-stop for 25 years to now include a ministerial school, a telephone and prayer connection, outreach projects like "Hands of Love"

and "Red Basket;" and in the past two years to accept planetary stewardship by preserving a beautiful piece of land on the Looking Glass River.

But there is always more to come! One of the great principles of spiritual growth is that you never finish expanding your consciousness. With each successive year we can attain a higher level of wisdom and understanding, and therefore have the ability to accomplish even more of our divine purpose.



Anniversaries are useful as living markers by which we can observe significant pas-

sages of our inner spiritual and psychological life. Each year, and in fact, many times each day, we have the opportunity to be more awakened to our spiritual needs and to define our philosophical choices more clearly.

Our 25th Anniversary is a good time to give thanks for how much the Fellowship has received, and continues to receive, as a direct result of the labors of love of those both living and departed. It is a time to honor our personal growth cycles that continue to expand within and through the FFT, and to celebrate that we are part of a continuous, evolutionary cycle of birth, death, and re-birth each year. ■

FELLOWSHIP VOYAGES
...is an inspirational newsletter by and for Fellowship members and friends.

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(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 info@fellowshipfortoday.org

Our Dear Tomie

By Rev. Beth Monteith, Minister Emeritus

For those of us associated with the Fellowship for Today, there is no past-tense to the name Tomie Raines. As long as there is a Fellowship bestowing an uplifting energy and a “you can do it” message, rest assured that Tomie will have her hand and spirit in it, and her presence will be present! Tomie was a bigger-than-life person, and for those of you who were lucky enough to attend her amazing memorial service, you can nod your head affirmatively now, knowing that you tasted the pure energy, vision, and inspiration that ignited all she touched.

We each know others in a way unique to ourselves. Consequently, any recollection is always a personal statement, never an impersonal evaluation, nor should it attempt to be. I realize that some of you who knew Tomie for only the last seven years or so might think of her as a little frail lady, but for those of us who “go back a ways,” we saw a very bright and shining Star, a giant, really; and for me, personally, I saw kindness and affirmation, and love. I saw a percussionist and music lover, business genius, and dog devotee. I saw a person who could take complex issues and make them simple. For instance, when I first “took the reins” at the Fellowship, I sought the advice of Tomie and Amalie regarding our financial health. They both gave me solid, simple answers which I followed religiously. Tomie’s was, “Don’t spend more than you receive.” One sentence, one simple idea, and a key to success.

When my son Jordon was born, Tomie and Jim (Noble) showed up at the hospital bearing baby gifts, flowers, and smiles. They came on behalf of the Fellowship’s energy, blessing our family with its love. And then, when Jordon was beginning middle school and attended a Fellowship summer party around the pool on Oxford Road, Tomie noticed he brought his drum sticks and was working on something that I cannot name to this day. Tomie called me aside as she observed him, “He’s very good, Beth,” was her simple, no-frill evaluation and prediction for Jordon’s drumming career. Another home run.

Tomie was one with the Fellowship for its first 12 years, and then she stepped back, but was always willing to give an opinion when asked. Tomie found us our first minister, Edyne, and coaxed her to move from warm Florida to frigid Michigan to serve and inspire us. An outstanding choice! It was Tomie, and Jim, who convinced me to become the Fellowship’s first



Tomie (R) with our first Fellowship for Today guest speaker, Rishi Vivekananda

ordained minister/leader, and then orchestrated a community affirmation of the event. I suggest any time any of us need some solid, simple, bound-to-win advice, ask Tomie, and listen. I’ll always give thanks for her presence in my life, and in the unfolding of our Fellowship. ■

Remembering Amalie

By Rev. Beth Monteith

Although Amalie Frank had nothing to do with the actual founding of the Fellowship, she planted the original seed by inspiring so many of us to “Live the Truth that will set you free.” Her sermons, as Junior Minister at Unity of Greater Lansing, were simple, inspiring ideas that sent us out into our lives with renewed confidence, clarity and humor. Through her book, *Amalie’s Good Words*, we continue receiving a taste of her ministry. But nothing could ever substitute for the off-color jokes, outrageous examples, or no-nonsense preaching that some of us were delighted to receive in-person each week for about two years. Those years changed our lives, and eventually, gave rise to the Fellowship. We gratefully remember, and honor, our dear Amalie Frank.

From Amalie’s Good Words:

Celebrate: Celebrate You! Begin now. Give yourself a new birth today. You are you and that is all you need to be. You are temporary. Here today and gone tomorrow. But today can be a new beginning, a new thing, a new life. So celebrate the miracle of the today.

Love: To love is to say yes to life.

Now: Yesterday is gone. Tomorrow has not arrived. When tomorrow comes it will be now... So let us begin to live each moment of the now time that we have... Start now to live joyously every moment of every day.



Rev. Beth Monteith

Memories for Fellowshipians and Friends

For many of us, our Fellowship will be remembered as the most significant spiritual community experience in this lifetime. We didn't start out with that understanding of course; but now, 25 years down the road, we're realizing that it's true.

Through our association with the FFT, most of us took significant personal spiritual steps. We heard new ideas, met interesting and sometimes even profound teachers and new

friends, and then, while studying, learning, and praying together, fell in love with one another. We celebrated achievements and grieved losses, helped raise children and grandchildren, witnessed families form and bring new lives into being, welcomed new faces into our community and said tearful farewells, and often even said hello again to those we thought had left the FFT behind. We formed a community... one that no longer needed perfection in the other, but matured into recognizing the depth and communion only true community could teach.

When the Fellowship began, I was still in my 30s. Now, in my mid-60s I realize there will never be, in this lifetime, another Fellowship experience for me. But that's OK, this one has been just right!

Here are a few flashes from my memory banks. I hope they'll spark some ah-ha's for you. Because it was you, with your funny, peculiar, unique, pained and pleasant, brave and frightened self, willing to show up and make our Fellowship what it was, and continues to be. Thank you, dear Fellowshipians. It's been an experience I'm so glad I didn't miss

Do you remember:

The Church on Highland Avenue? Abbey Fitzpatrick's Sunday *A Course in Miracles* study group? Meg Cowan, our bookstore and music keeper? The arrival of our dear Edyne Decker (now Edyne Decker Gordon), her "Balls of Energy" and the scarves so many of her Fellowship friends soon wore along with her? How about how nervous Tomie would get when an unknown speaker would take a "wild turn" while up there in front of the group? Do you remember the beginning of the I AM Trio, the way Jim Noble taught us to sing so, so, beautifully, and shoeless and jewelry-laden Norm at the organ? Do you

remember parties when Max would play the keyboard, and jazz would fill the air? Can you still sing Lucille's "Don't Put Your Limits on My God," from memory? Did you sing "It's the Fellowship" with all your heart and voice at each anniversary? Can you burst into "You Have a Healing Power," or "Our Thoughts Are Prayers?" Do you remember bringing in Ken Wapnick, Gerry Jampolski, Barbara Marx Hubbard, Hugh Prather? What about Jim leading us on Christmas Eve caroling on Highland Avenue, and later on Grove? What about our move to the UU church, Beth's Community gathering coronation/ordination, Karen and Phil's wonderful wedding, Karen Golejewski's religious mailing of our newsletter and her fantastic food! The many study groups and classes at Beth and Gary's house, the ACIM group having a Christmas celebration at the Hot Tub place in East Lansing? Doug making the UU church sound like a cathedral? What about rebirthing? Jack and Eulalia? Arlene's steady work as our treasurer? Kevin's wonderful memorial service? Cleansing and fasting, horoscopes, forgiveness worksheets? Amalie's numerous returns, and her no-nonsense "advice" and great jokes? Randy's bird pecking Martie's nose, Turtle Lake, the rainbow at our memorial services? My son Jordon in his Superman suit? Craig's GIANT crystal? Majid and the Dances of Universal Peace? The, I mean, THE Harmonic Convergence? Howling with the dogs before the service, drumming circles, Mary Kay Bean and the Children's Fellowship, including Jane's three kids? The Benedictine Monastery? Establishing the pot luck tradition? Silent meals? Beginning MEMBERSHIP in the Fellowship? When we rented our first official OFFICE at the UU church and went to the State of Michigan auction to buy our conference table? The beginning of the FFT Library, the Newsletter, BTUs, Hands of Love, the Prayer Connection, the School of Ministry? The first dollar-a-week drive for the Land Endowment? Do you remember Gary's wonderfully extravagant decorations for all those Fellowship events? The Peace Song, the speakers, the prayers, the joy, the love, the love, the love? Thank you.

Blessings all around, dear Fellowshipians.
Namaste, friends,

Beth Monteith ■

FYI, full names in order of appearance:

Edyne Decker
Gordon
Tomie Raines
Norm Plev
Max Raines
Lucille Olson
Jim Noble
Beth Monteith
Karen and Phil
Sharkey
Beth Monteith and
Gary Novak
Doug Austin
Jack and Eulalia
Luckett
Arlene Price
Kevin O'Conner
Amalie Frank
Randy Laney
Martie
Schneiderman
Jordon Monteith
Novak
Craig Young
Majid Simons
Jane Shipley
Zussman
Gary Novak

Reflections on Our 25th Anniversary

By Phyllis Nix

When I think back over the years I've served on the Fellowship Steering Committee, I can't believe that soon we will be celebrating our 25th anniversary. This is truly amazing and wonderful. Never would I have guessed we would get to this very important quarter-century of existence. Then, when I think about the fact that I'm still serving on the board—and still enjoying it—I never would have predicted this either.

I love to pray. One of the many things I love about our committee is that from the very beginning, during all the years of meetings, we always started with a centering prayer—releasing our ego thoughts, turning our attention inward and asking for God's will for the good of our Fellowship. As we remember we are here to serve this beloved community, we pray for guidance and direction in all our decisions and all discussions. It is because of this prayerful intention that I continue to serve.

The committee is a working board, requiring each member to be on one, two, or more subcommittees. This concept was first introduced by Tomie Raines, a Fellowship founder and the first committee president. In essence, the members of the committee sustain the energy that moves the Fellowship, whether by reporting during meetings or hearing other committee reports.

Coming together at our meetings over the past 25 years and making decisions for the benefit of the Fellowship has been a remarkable experience. I have observed a devotion develop among Steering Committee members to not only serve our community, but also see and feel how we affect the greater good of all.

We've learned that the commitment to work with and for the Fellowship truly prepares us to commit to our community in mind, body and spirit. This dedication has its effect locally and globally. We are all one.

Over the years I have served on many different sub-committees. My favorite is the Tithing Committee. Tomie started the Fellowship in the practice of "tithing out" 10 percent monthly (from our gross income). Our intention is always to contribute to those individuals or organizations that provide service to humanity and exemplify the spiritual principles of the Fellowship. Our tithes go to local, state, national, and international groups. Again, with prayerful intention, the Tithing Committee selects our monthly recipients using research and understanding of our



tithing policy.

We have such a loving, caring, and hardworking community. I know that is why I still serve the Fellowship. We also have a small powerful,

dedicated staff, and a huge wonderful group of volunteers. It is such an honor to be a part of this community.

In conclusion, I must compliment the Fellowship's extensive group of volunteers. They really are the group that moves the Fellowship and gives it life. There are so many different classes, functions, committees, fundraisers going on throughout the year, too many to mention here, but all of our events could never be so successful without them. It is amazing to watch and so deeply appreciated by all of us.

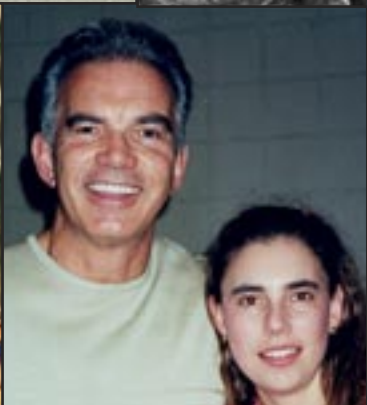
To me the Fellowship has been in Divine order and Divine appointment from the very beginning. Knowing, recognizing, and remembering this principle reminds me of the beauty and essence of our beloved Fellowship. From the first year to 25 years this fall, my heart still sings to its loving energy. ■

...the commitment to work with and for the Fellowship truly prepares us to commit to our community in mind, body and spirit. This dedication has its effect locally and globally. We are all one.

Phyllis Nix

Faces of the Fellowship





Fellowship and *A Course in Miracles*



By Bill Diedrich

A *Course in Miracles* is a key spiritual teaching for members of the Fellowship spiritual community. This is not to say that we all study the *Course*, because we don't. Yet, you cannot be in this community and not be affected by it, especially through our music. The *Course* teaches that we are each responsible for our lives, a lesson reinforced every time we sing a rousing rendition of "I Am Responsible":

"I am responsible for what I see. / I choose the feelings I experience. / I decide upon the goal I would achieve, / and everything that seems to happen to me. / I ask for and receive as I have asked. / I am responsible for what I see and ask for."

You can benefit from the *Course*, even if you don't accept all of it. The words of this song, sung to music composed by Max Raines, inspire us to be adults who take full responsibility for our own lives.

Most humans live in a state of arrested development, blaming others, holding on to past grievances, and generally refusing to grow. Thanks to *A Course in Miracles*, many of us have learned how to be "grown ups."

And then, there is forgiveness. Singing "Forgiveness Offers Everything" reminds us that holding on to grievances and old hurts offers nothing; they are valueless. Forgiveness, on the other hand, offers us everything. As the *Course* tells us, forgiveness is not pardoning; it is recognizing that no hurt took place. All hurts are manufactured by the ego. Nothing that has seemingly happened has actually changed what we are. And what are we?

"Spirit am I. / A holy child of God. / Free of all limits, safe and healed and whole. / Free to forgive, and free to save the world."

Max's beautiful melody makes this one easy to remember. Whenever we identify with the ego, when we identify with disease, poverty, or conflict in relationships, we can remember that those things are not what we are. We are spirit.

Whether you study the *Course* or not, you probably know these lessons; the melodies are rooted in your mind, there for easy access when needed.

For the past several years, The

Fellowship has hosted *Course* teacher Gary Renard, author of *The Disappearance of the Universe* (see "Happenings," Page 11). For many of us, Gary set us straight on what the *Course* is really saying. The *Course* is not an affirmative process (even though it contains plenty of affirmations). It is a course of negation. It is about unlearning all that we thought was true. It is about letting go of the valueless in life, which includes most everything the world sees as valuable. The *Course* tells us we need not seek love. Love already surrounds us and sustains us. We need only remove the barriers we have created to love.

Two other visiting teachers, authors Nouk Sanchez and Tomas Vieira (*Take Me to Truth, Undoing the Ego*), have helped us go still deeper into the *Course* by revealing their own awakening process and their ability to create a holy relationship (one in which the partners see each other only with love — no judgment). They've challenged us to let go and be guided by the Holy Spirit, rather than by the ego.

The *Course* takes you right to the gateway of awakening. It takes you to a place where you are truly an adult, where you are no longer controlled by your fears, by your ego. Once you have reached adulthood (I am Responsible), it advises: "Hold on to nothing. Do not bring with you one thought the past has taught, nor one belief you ever learned before from anything. Forget this world, forget this course, and come with wholly empty hands unto your God." (ACIM, W-pI.189.7)

Ultimately, this is it. It's letting go of the tiller and letting God steer. It is resisting life no more. "What could you not accept, if you but knew that everything that happens, all events, past, present and to come, are gently planned by One Whose only purpose is your good? Perhaps you have misunderstood His plan, for He would never offer pain to you. But your defenses did not let you see His loving blessing shine in every step you ever took. While you made plans for death, He led you gently to eternal life." (W-pI.135.18:1-4).

This quote is not describing predestination, but is saying that our mindset is the "programming" for our life. Certain things are going to happen, based on our perceptions of self and the world.

This is what the Fellowship Community is about. It's a place for people who want to shift their perception from ego-centered being to God-centered being, people who want to replace fear with love, judgment with acceptance, and guilt with freedom.

Bill Diedrich

Whenever we make a shift in perception, the programming changes.

Gary tells a story (in *Disappearance of the Universe*) of going to the theater and not being able to see a movie he had planned to see. He saw another instead, which let him out at a later time. His guides told him that, had he seen the movie he intended, and left when it was over, he would have been in a car accident. The lesson of the car accident was no longer a part of his "script" because of forgiveness work he had completed and the resulting shift in his perception.

"Everything you see is the result of your thoughts. There is no exception to this fact." says the *Course*. This is not to say that painful experiences are a result of negative thinking. That is too simplistic. As long as you have an ego, there will be painful experiences. The pain comes from our resistance to the experience and our judgment of it. Every experience, painful or joyful, is an opportunity to change our perception.

This is what the Fellowship Community is about. It's a place for people who want to shift their perception from ego-centered being to God-centered being, people who want to replace fear with love, judgment with acceptance, and guilt with freedom. Fellowship is a safe place where you are where you are.

Everyone has "stuff" they go through. We are not here to judge or fix each other, but to love and accept each other as we appear to be — to see through the illusions of guilt, scarcity, and conflict. The goal is to see each other and know that there is nothing wrong. It is to empathize, to care, and to see the perfection in each other, yet not be drawn into each others' dramas.

We explore many paths at Fellowship. We may not all study the *Course*, but in many ways, we are all practicing it. Every time we look in the mirror and take responsibility; every time we forgive; every time we offer our fears and concerns to Spirit; every time we allow Spirit to take charge of our thinking; every time we catch ourselves in fear or anger and refuse to let it control us; and every time we find ourselves singing or humming "Spirit Am I," we are practicing the *Course*.

The Fellowship has no doctrine. There are no beliefs we must ascribe to. There are no rituals required. We are a community of people whose mantra, from my perspective

is this: "I am here only to be truly helpful ... I will be healed as I let Him (Her, Love, Holy Spirit, God, Goddess, Higher Self, Other Names?) teach me to heal." (ACIM Text). I am grateful for the *Course* and for all of you at Fellowship with whom I have studied and practiced it. Thank you for being my teachers.

For a closer look at ACIM, the Fellowship offers three study groups: Wednesdays at 9:15 a.m. and 6 p.m., and Thursdays at 7:30 p.m.

Bill Diedrich has been a member of the Fellowship community for over 12 years. He lives in East Lansing with his wife, Peggy, and his eight-year-old daughter, Melanie, and he has two grown children, Joshua and Anne. The author of three books and one CD, Bill says he owes much of these accomplishments to supportive members of the Fellowship for Today. His web sites are <http://intelligentspirit.com>, and <http://noblaming.com>. He welcomes comments at Bill@noblaming.com. ■

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**

"How to Let God Help You"

The only way to really know is to become perfectly still, to get away from the outer and from looking for things, into the inner quiet where we are alone with wisdom. In the silence, wisdom is given for every need. The silence is like the sun: it is always shining. It brings forth the best that is within us, the image and likeness of God that is waiting to be brought into activity, that will show itself after the fashion God intended it should.

Myrtle Fillmore

Changing My Mind

By Matt Bliton



“A Course in Miracles” teaches that heaven or hell are both available, based on my thinking alone, and that the choice is mine and the time is now.

Matt Bliton

I walk my new dog and old dog every morning. Earlier this summer, I looked down at my new dog and found a dead and flattened bird in her mouth. She was very happy with it there, as if it were a bouquet of flowers or, rather, half a hamburger still in its fast food wrapper.

I would tell her to put it down and she would — until the next day when,

spontaneously, she would have it in her mouth again, until I noticed and told her to put it down, again. How many times did we repeat this process? I don't know.

I am, however, struck by how my mind / thinking are at least as untrained and indiscriminant as the puppy is; and, I would think, my mind should know better. And there is some urgency: The puppy has yet to be housebroken. (Might the same be said about my mind?)

This brings up the question, “Can I change my thinking?” Much of what I have been reading recently has pointed to the significant control I have over my thinking if I am willing to accept several points that address what is possible.

- 1) There is an option of changing my thinking; and as I do, I change the neuro-networking, the physiology of my brain, as well. Recent research indicates that whatever we think influences which neuro-pathways are constructed, strengthened, and which are pruned.
- 2) Whatever we think influences our adrenal and hormonal systems so there are emotional consequences for that we think. As a result, what I think influences what I feel, and the likelihood that I will think and feel that way again. Tibetan Buddhist teacher Pema Chödrön calls this “habituation,” but also “addiction” if there is some feeling state involved (e.g., pleasure or anger) that acts to reinforce the thinking.
- 3) It is hard to change our thinking. Scholar and meditation teacher Eknath Eswaran compared it to filling in the Grand Canyon with a teaspoon.

Fortunately, as it confronts my dualistic thinking, *A Course in Miracles* also works strategically, systematically, and persistently to change my thinking about myself and others.

- 4) In theory, I understand that, “I am responsible for what I see and I choose the feelings that I experience.” In practice, I am convinced that other people make me feel things, and if only they would change I wouldn't feel the way I feel. Accepting this responsibility requires awareness, acceptance, and action. The action requires motivation, a sense of urgency.

I can understand the cause and effect of my thinking and my experiencing of life, but not be motivated to do the work involved to change my thinking. Since we naturally deny and project responsibility on to others, what can help us to develop and maintain a sense of urgency about changing our thinking and our lives?

Two other, rather surreal experiences that occurred on our morning walks come to my mind. One day, the dogs and I heard two male robins fighting in a pine tree. Then one robin fell to the ground and didn't get up. I was a bit shocked and kept the dogs on the sidewalk and headed toward home. Another morning, a squirrel at Patriarche Park fell out of a tall maple. It squirmed around a bit and then was still. I was a bit more shocked this time.

Maybe the universe is trying to convince me to start a pet cemetery in my back yard. I hope instead that it is merely reminding me of the Buddhist teaching about impermanence. This teaching pleads with me to pay attention to my life as it is now, as opposed to how it was, or could be.

Since my moments on Earth are finite, since my time with these people is limited and since now is the only time I have to change my thinking, there is a sense of urgency.

A Course in Miracles teaches that heaven or hell are both available, based on my thinking alone, and that the choice is mine and the time is now.

I am convinced, however, that training a puppy is easier. ■

Fellowship Happenings

For additional information or to register for any of these workshops or classes, call the Fellowship Office at (517) 337-4070 or e-mail at info@fellowshipfortoday.org.

Fellowship School of Ministry Presents An "Artist's Way" Sampler

When: Tuesdays, Sept. 16, 23 & 30 from 7 to 9 p.m.

Where: Fellowship Social Hall
Registration: \$30.

Call 337-4070 to reserve.

Reconnect with your inner artist! Free your creative inner child! Have fun expressing yourself, your way! The Artist's Way, a recovery program for blocked artists, uses spiritual practices familiar to many of us here at the Fellowship. In this three-week introduction (or for some, a refresher course) you'll learn principles and exercises to examine and blast through fears that keep you from enjoying your own creative nature.

"It is my experience," says Artist's Way author Julia Cameron, "both as an artist and as a teacher that when we move out on faith into the act of creation, the universe is able to advance. It is a little like opening the gate at the top of a field irrigation system. Once we remove the blocks, the flow moves in."

Learn how to establish and maintain a supportive environment to help release the ego's hold on your natural, creative nature. Get a jump start on creating your own ongoing group so that you can dive deeper into this effective 12-week program.

This class is facilitated by experienced Artist's Way practitioners from the Fellowship.

Love Has Forgotten No One Seminar with Gary Renard

When: Saturday, October 18, 9 a.m. to 5 p.m.

Where: Hannah Community Center, 819 Abbot St., East Lansing

Registration: \$85 by October 5, \$95 thereafter. Call (517) 337-4070 to reserve.

Gary Renard, author of *The Disappearance of the Universe* and *Your Immortal Reality*, will return to teach us how to experience real love, which he calls "Divine in nature."

A noted teacher of *A Course in Miracles*, Gary says, "You can learn to dissolve the illusions of time and space and return to reality which is Perfect Love. This is not love the way the world commonly thinks of it. It's an all-encompassing kind of love that is perfect spirit: innocent, unflawed, immortal, invulnerable and forever fearless."

This real love, which is "beyond words," must be experienced, he says. "Yet words and practice are needed to help lead you to that experience. The knowledge of what it's like to be one with your Source is the awesome mystical experience that's been described by Masters throughout the ages. It's the greatest sense of awareness anyone can have while still appearing to be in this world."

Gary will teach exactly how to get to that experience, which upon the end of physical existence will become our permanent reality. "You will find," he says, "that Love has forgotten no one."

- Learn to hear the "echoes" of God's love – answers to your prayers in unexpected moments of inspiration and surrender.
- Experience the power of True Forgiveness that leads directly to inner peace and healing.
- Practice True Perception that undoes the ego.

Gary will share revelations about the power of forgiveness to melt away the world's mistakes. "The truth is, we have remained exactly as God created us, which is perfect spirit," he says. "This is an experience that can be awakened to."

Gary's new book, *Love Has Forgotten No One*, will be released in November.

Learn more at www.GaryRenard.com and www.fellowshipfortoday.org

OUR CALENDAR

A COURSE IN MIRACLES Study Groups, ongoing:

Weds., 9:15-10:30 a.m. Everybody Reads Bookstore, 2019 E. Michigan

Weds., 6-7 p.m., FFT office, UU church, upstairs, 337-4070

Thu., 7:30-8:45 p.m., FFT office, UU church, upstairs, 337-4070

SEPTEMBER

★ **7 - A FELLOWSHIP HISTORY EXTRAVAGANZA**

★ **14 - REV. BETH MONTEITH** - Minister Emeritus continuing to celebrate our history
Musicians: Jim Noble and Doug Austin
Before Service: **CHOIR REHEARSAL**

★ **19 - FRIDAY - 7 p.m. AUTUMNAL EQUINOX AT "A LOOKING GLASS SANCTUARY"** followed by a bonfire at Denise Wootton's, adjacent

★ **21 - ANNIVERSARY MUSIC EXTRAVAGANZA**
Musicians: Fellowship Tabernacle Choir and special musical guests

★ **28 - REV. KAREN ARNDORFER** - The future and the now
Musicians: Linda Abar and Lucille Olson
Following the Service: Fellowship Potluck. Bring a dish to share!

OCTOBER

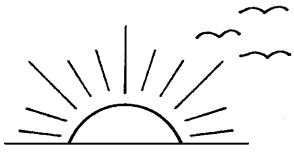
5 DIANA MITCHELL
Musicians: Matt Bliton and Sandy Izenson
Before the Service, 4 pm, **HEALING CIRCLE**

12 REV. KAREN ARNDORFER
Musicians: Winalee Zeeb and Sandy Izenson

19 GARY RENARD
Musicians: Jim Noble and Lucille Olson

26 BRAD MILLER
Musicians: Christopher Peters and Lucille Olson
Following the Service: Fellowship Potluck. Bring a dish to share!

★ Don't Miss Our 25th Anniversary Events!



FELLOWSHIP
FOR TODAY

855 Grove St.
East Lansing, MI 48823

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REMEMBER!
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with a YEAR-ROUND
START TIME OF 5:30
P.M. for our Sunday
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Come Back for FELLOWSHIP,
Come Back FOR TODAY.

Celebrating 25 Years of Loving the Moment Together.

*Please join us throughout the month of September
as we celebrate our 25th Anniversary.
We hope to see "old" faces, new faces,
family and friends.*