



*Interfaith Council*  
of  
*Garden Grove, Stanton & Westminster*  
8100 Chapman Avenue  
Stanton, CA 90680  
714-890-5203



Issue #

For Web site & Newsletter on Line  
<http://www.urbandharma.org/gginterfaith/index.html>

August 2005

**From the President . . .**

**As I grow older...**

and become more aware of the world around me, there is a real to learn how to turn inward. As a Catholic, I have spiritual practices that I do as part of a community, but I need to learn to turn within to deal with the reality of my world and become one who is able to connect with all in the world. Sometimes it seems that life is just a list of events that cause suffering, with a few good things that happen occasionally.

To deal with life and to regain a sense of balance, I need to look within. It is important to find a space in each day where I can come to a sense of stillness and listen. It is time when I am under no pressure to perform for another, to excel at a task or

even to speak eloquently. It is simply a time for me to come into contact with the sacred. It is a chance for me to forget myself, my ego, my own desires and to touch that part of me that is calm, peaceful and open. Many people find great solace in the practice of yoga, tai chi or some form of meditation. For others, it may be a quiet garden stroll or a reading from a sacred book.



Whatever the practice, people will tell you that once they have commenced this quiet time,

things become better. Not only does it start their day on a positive note, but it allows them to discover the beauty they might not have seen in others before. In fact, it gives them more energy and a more open mind. If you have not yet tried to do a daily quiet time, try the following. Give yourself 5 minutes just to sit in silence. (This can increase as you feel more comfortable with it) If you like start by reading a short quote and reflecting on it. Empty yourself of all that stresses you. Not of all of us can be like the Dalai Lama or Thich Nhat Hanh, but we can create our own path for replenishing ourselves and finding time to discover the sacred in the ordinary. Remember it is a central stillness of spirit that is so vital that it can tame the wildness out of almost any tempest, however raging it may be. (Howard Thurman, Meditations of the Heart)

Peace,  
Ann Nguyen



- Aug. 27th **Non Violence Workshop**
- Sept. 1st **Monthly Meeting**
- Oct. 2nd **Authentic Faith Responses to Crises and Disasters**
- Oct. 16th **Footsteps of Gandhi – Ahimsa Center**
- Sept. 4th **Interfaith Pot Luck -**
- Sept. 24 **Walk for Hope  
El Dorado Park – Long Beach**
- Sept. 29th **AIDS Workshop**
- Oct. 6th **Monthly Meeting**
- Oct. 7,8th **St. Polycarp Festival**
- Nov. 23rd **Celebration of Thanks**

**May 13th Tenth Annual Interfaith Banquet**



**Food for Thought . . .**

*"Love is like 5 loaves and 2 fishes,  
too little  
until you give it away."*

Anon.

# Miscellaneous . . .

## -Interfaith Potluck

Sunday, Sept. 4, 2005 . . .

4:30 p.m.

**Food -Fellowship -Fun**

Nguyen Family  
11912 Gary St.  
Garden Grove 92840  
714-638-5569 or familysupportcenter@juno.com  
\*\*\*\*\*

## Thanks . . .

Shaikh Yassir Fazaga gave a wonderful presentation and led a lively discussion touching on the hopes, fears and difficulties of living in our post 911 world.  
\*\*\*\*\*

## St. Polycarp Parish Fiesta . . .

Friends & Family Together  
Enjoy Food, Entertainment, Rides and Friends  
8100 Chapman Ave. Stanton  
Ann: 714-890-5203  
\*\*\*\*\*

## Walk for Hope . . .

You still have time to register online. Just go to www.bethecause.org The event is free and provides many opportunities to discover resources in our community that help build a better world. Of course if you would like to make a donation to be the cause for its sponsorship of programs here and overseas you can do that too.

Sept. 24th — 9:00 a.m. to 1:00 p.m.  
For more Info: e-mail — walk@bethecause.org  
call 714-636-3067  
\*\*\*\*\*

## Ministering to those with HIV/AIDS . . .

A training opportunity for Clergy and Faith Community Leaders in Orange County.  
AIDS Services foundation Orange County  
Thursday - Sept. 29, 2005—9:30 a.m. — 12:30  
ASF Irvine Office, Large Conference Room  
AIDS Services Foundation Orange County  
17982 Sky Park Circle • Suite J

Irvine, CA 92614 —949.809.8762 • [www.ocasf.org](http://www.ocasf.org)  
\*\*\*\*\*

## Elections . . .

Congratulations to our new Board. Rev. Doug Johnstone will be our new president and for the first time we have a tie for VP so will have Co-VPs — Rev. Kusala & Rev. Wilfredo Benitez. For our 10th year we will have a new member for publicity, Esther Friedman. This should help with the upcoming Thanksgiving and Banquet events. Our directors at large were also a tie. All will serve!  
\*\*\*\*\*



## One Days Pay . . .

Be of service to the community. St. Polycarp will be an opening of opportunity. Offer service, food etc. on 911.

A chance to show terrorism only wins if we do nothing or respond in kind! See web site for into: [onedayspay.org](http://onedayspay.org)  
\*\*\*\*\*

## Footsteps of Gandhi . . .

Ahimsa Center in the College of Letters, Arts and Social Sciences at California State Polytechnic University Pomona is pleased to announce the Nitin and Hiten Shah Public Lecture and Reception on Sunday, October 16 from 3:30 to 6:30 p.m. The lecture will be delivered by Catherine Ingram, the author of *In the Footsteps of Gandhi and Passionate Presence*. She will speak on "Awakened Intelligence and Nonviolence."



The event will be held on our campus in the Bronco Student Center, Ursa Minor room.  
[http://www.csupomona.edu/~ahimsacenter/lecture\\_10-16-05.html](http://www.csupomona.edu/~ahimsacenter/lecture_10-16-05.html)  
\*\*\*\*\*

## Thanks . . .

To the Muslim Community for organizing the Open House Day at many of its mosques. It was a wonderful opportunity for discovery and building friendships.  
\*\*\*\*\*

## Kudos . . .

To the Church of Jesus Christ of Later Day Saints for its wonderful tour of the new temple at Newport Beach. Being able to know each other's house of worship and the tenets of each other's faith does help to build bridges.  
\*\*\*\*\*

## Service/Job Opportunities. . .

We are looking in the faith based communities for C.N.A.'s, homemakers and people who have experience working with children with developmental disabilities.  
For info contact: Diane Santucci at: (562) 498-1800 or e-mail: [dianes@cambridgahomecare.com](mailto:dianes@cambridgahomecare.com)

\*\*\*\*\*

## Board of Directors — 2005-2006

President:	Rev. Doug Johnstone
Vice Pres.:	Rev. Kusala & Rev. Wilfredo Benitez
Secretary:	Barbara George
Treasurer:	Neil Hicken
Publicity:	Esther Friedman
Directors at Large:	
Ann Nguyen	Judy Cobb
Steve LaFond	Cheryl Raine
Rudy Torres	Naziha Wareh
Pat Casey	Harry Krebs

\*\*\*\*\*

## Next Meeting: Sept. 1st

Garden Grove Community Center  
11300 Stanford Ave., Garden Grove, 714-741-5262.  
12:00 — Bring your own lunch & meet new friends.  
Meeting 12:30 — 1:30 p.m.

# See you there! ! !